



SENIOR CHAIR YOGA

Sponsored by West Milford Community Services & Recreation

- ♦ Enhances flexibility, mobility, and builds strength.
- ♦ Tones muscles, and improves balance.
- ♦ Increases endurance.
- ♦ Reduce stress, tension, and pain.

When: Monday's, March 11, 18, 25 & April 8, 15, 22, 29

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$35.00 for 7 classes

TO REGISTER

Go online to www.westmilford.org. Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2024 SENIOR PROGRAMS”.