

# SENIOR CHAIR YOGA

A stylized illustration of a person with blonde hair, wearing a light blue short-sleeved shirt and dark leggings, sitting on a wooden chair. Their arms are raised straight up, and their hands are open. The background is a light blue gradient.

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, Sept. 9, 16, 23. 30 & Oct. 7, 21, 28**

**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](http://www.westmilford.org). Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2024 SENIOR PROGRAMS”.