

# 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, Sept. 11, 18, 25 & Oct. 2, 16, 23, 30

**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 “2023 SENIOR PROGRAMS”.