

# SENIOR CHAIR YOGA

A stylized illustration of a person with blonde hair, wearing a light blue t-shirt and dark pants, sitting on a wooden chair. Their arms are raised straight up, and their legs are spread apart, resting on the chair's seat. 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, January 9, 23, 30**

**Monday's, February 6, 13, 27**

**Time: 9:00-10:00AM**

**Where: West Milford Recreation Center—gym 3**

**Fee: \$30.00**

To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2023.

If you need assistance, call the Recreation Office at 973-7258-2871 Monday-Friday, 8:30AM—4:30PM.