

SENIOR CHAIR YOGA

A stylized illustration of a person with short 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, March 3, 10, 17, 31 & April 7, 14, 21, 28

No Class on March 24th

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$40.00 for 8 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 **“2025 SENIOR PROGRAMS”**.