

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, May 5, 12, 19 & June 2, 9, 16, 23, 30

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”**.