

# WEDNESDAY NIGHT YOGALATES

Come to a fun class including yoga and Pilate poses. We will work on strength, body toning and core exercises all while having fun in a supportive hour.

- We will concentrate on abs, core, and legs.
- This will be a gentle, beginners class.
- Please bring a mat as some of the poses are on the floor.
- Please bring along light weights and band as well as water.

**When: Wednesday's 6:30-7:30PM**

**Where: Recreation Center, 66 Cahill Cross Road**

**Dates: June 5, 12, 19, 26**

**Cost: 4 classes for \$20.00**

**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".