

# Yoga Sculpt Class

This class is a fusion of weight exercises and gentle yoga on a chair or standing up. The focus of this class is on improving strength, flexibility and balance using gentle yoga movements interspersed with light weight training. Light weights are encouraged but optional. Modifications will be available.

- ♦ Please bring a water bottle
- ♦ Your weights (weights are available if needed)
- ♦ Exercise band

Instructor: Fay Bizub

Location: West Milford Recreation Center, Gym 3

Dates: Thursday's, September 7, 14, 21, 28 & October 5, 12, 19, 26

Time: 9:30-10:30

Price: \$40.00 for 8 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".

