

Yoga with a Twist



Sponsored by West Milford Community Services and Recreation

This class will consist of training with light weights, stretch bands and flexibility exercises. Gentle yoga movements will be interspersed throughout the class.

- ♦ 45 Minute Yoga with a Twist class.
- ♦ Focus will be on increasing balance, strength, and core conditioning.
- ♦ All levels welcome, modifications will be provided.
- ♦ For adults age 50 and above.
- ♦ Please bring your weights, water, and an exercise band . If you do not have this equipment, we have extras.
- ♦ Come to have fun and enjoy the company of your fellow students.
- ♦ If needed a chair is used for support.
- ♦ Class will end with deep breathing to center ourselves as we continue our day.

Dates: Monday's, September 11, 18, 25, October 2, 16, 23, 30

7 for \$35.00 TIME: 11:00—11:45

AND/OR

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

8 for \$40.00 TIME: 11:00-11:45

Where: **West Milford Recreation Center Gym 3**

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 "2023 SENIOR PROGRAMS".