

Yoga with a Twist

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 class
- * Focus on increasing balance, strength and core conditioning
- * All levels welcome; modifications provided
- * Please bring weights, water and exercise band. Extra equipment may be available to borrow
- * Come have fun and enjoy the company of the other students
- * Chairs available to use for support
- * Class ends with deep breathing to center ourselves and continue our day

Dates: Thursdays July 3, 10, 17 & 24

Note: no class on July 31st

Time: 11:00-11:45am

Cost: \$20 for 4 classes



TO REGISTER: Go to westmilford.org. Click on Community Services & Recreation; then "REGISTER HERE FOR PROGRAMS". Once you are in Community Pass, look for "2025 SENIOR PROGRAMS".