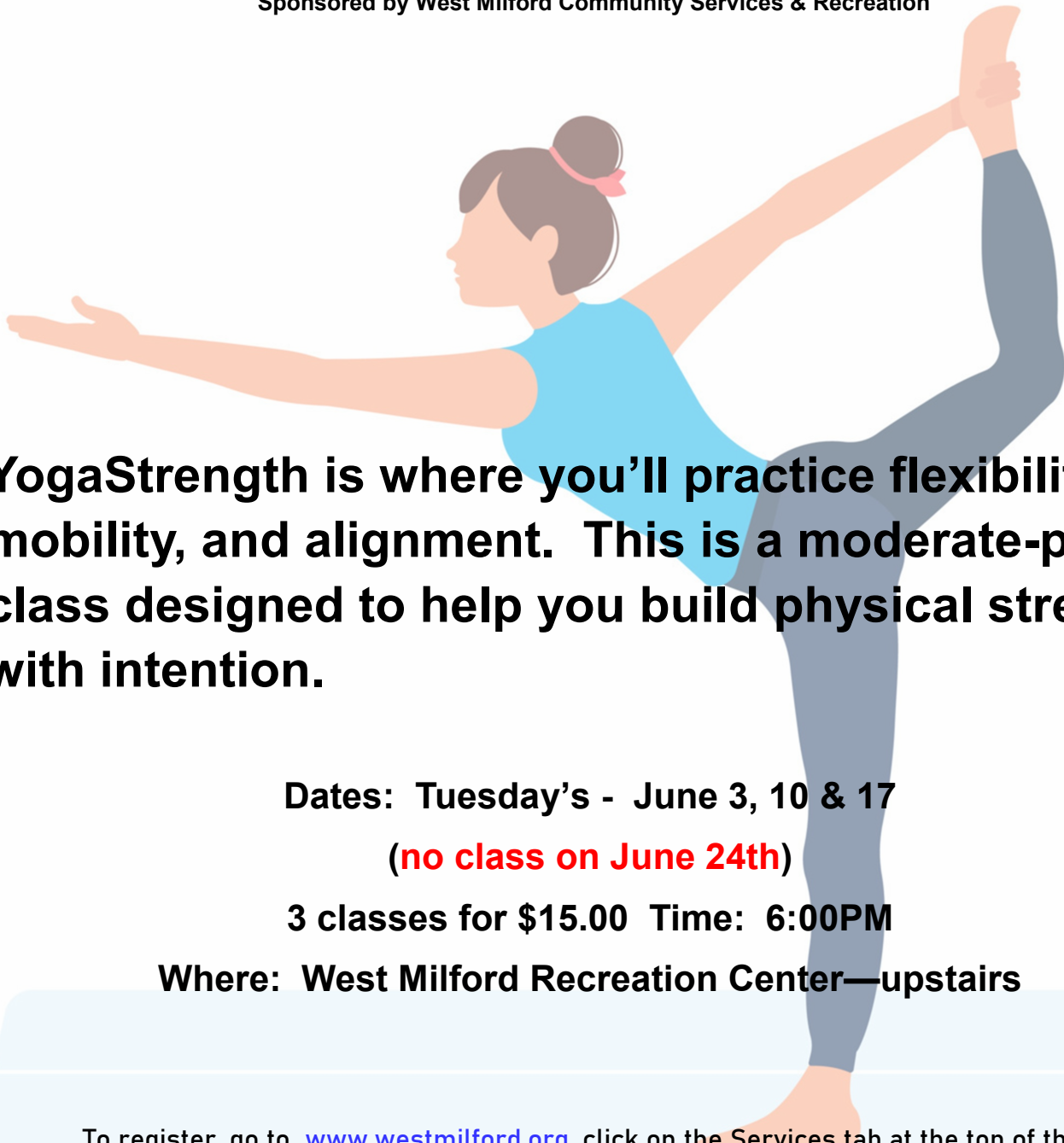


# YogaStrength Class

Sponsored by West Milford Community Services & Recreation



**YogaStrength is where you'll practice flexibility, mobility, and alignment. This is a moderate-paced class designed to help you build physical strength with intention.**

**Dates: Tuesday's - June 3, 10 & 17  
(no class on June 24th)**

**3 classes for \$15.00 Time: 6:00PM**

**Where: West Milford Recreation Center—upstairs**

To register, go to [www.westmilford.org](http://www.westmilford.org), click on the Services tab at the top of the screen, then select Community Services & Recreation Registration. Look for Seniors 2025

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

*Here and now is where Yoga begins!*