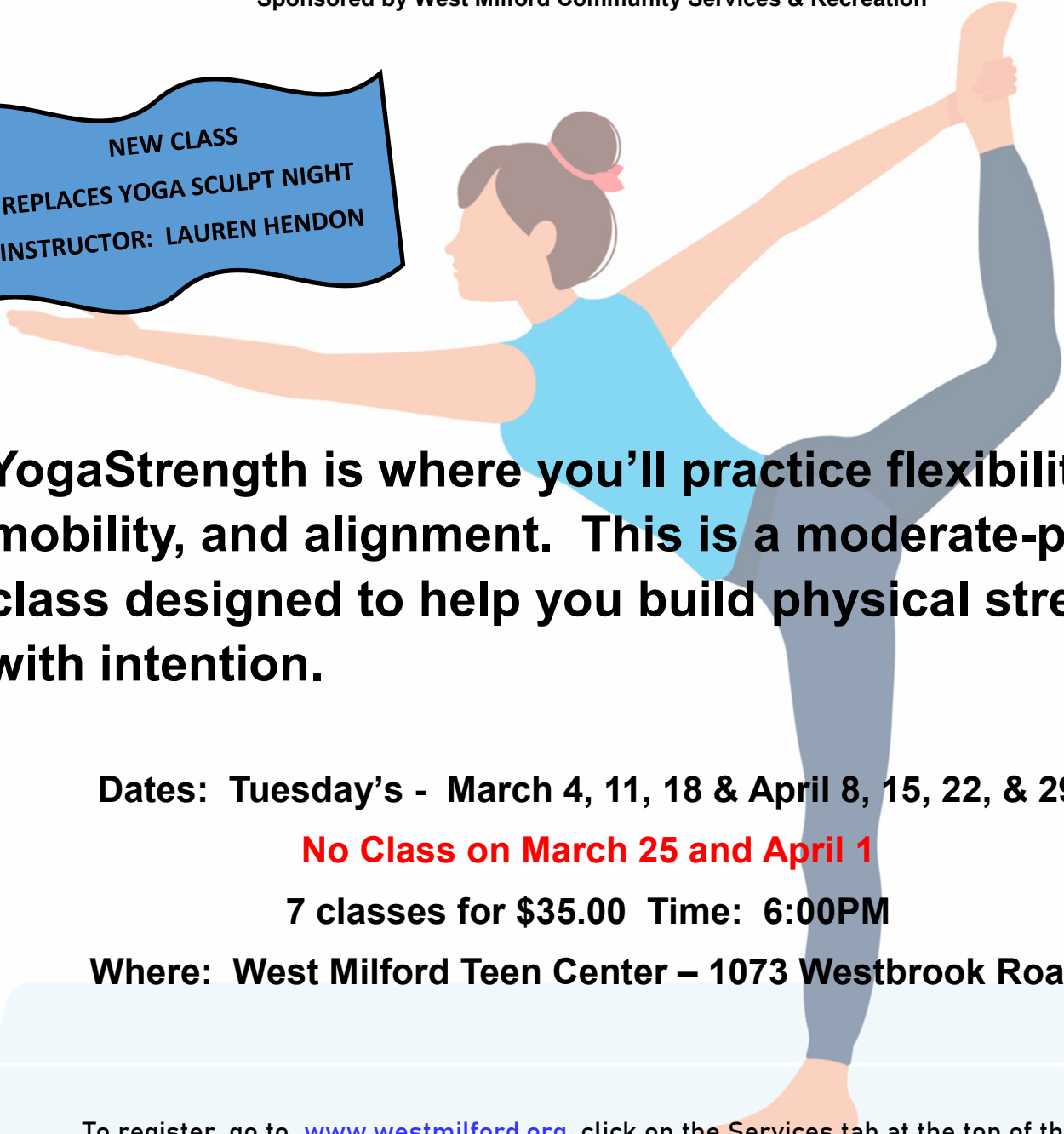


YogaStrength Class

Sponsored by West Milford Community Services & Recreation

NEW CLASS
REPLACES YOGA SCULPT NIGHT
INSTRUCTOR: LAUREN HENDON



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 - March 4, 11, 18 & April 8, 15, 22, & 29

No Class on March 25 and April 1

7 classes for \$35.00 Time: 6:00PM

Where: West Milford Teen Center – 1073 Westbrook Road

To register, go to 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!