

YOGALATES



Come to a fun class including yoga and pilate poses. We will work on strength, body toning and core exercises all while having fun in a supportive hour.

- ◆ We will concentrate on abs, core, and legs.
- ◆ This will be a gentle, beginners class.
- ◆ Please bring a mat as some of the poses are on the floor.
- ◆ Please bring along light weights and band as well as water.

When: Monday's 6:30-7:30PM

Where: Recreation Center, 66 Cahill Cross Road

Dates: Sept 9, 16, 23, 30 & Oct 7, 21, 28

Cost: 7 classes for \$35.00

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 "2024 SENIOR PROGRAMS".