

# AFTERNOON ACTIVE AGER EXERCISE

- Class includes seated and standing exercises
- Stay toned, balanced, and flexible
- No floor work required!
- Class time: 1:30-2:30 pm

This one hour class includes muscle toning and better balance, flexibility and posture. Bring a set of light weights (1-4 lb. dumbbells suggested) and a bottle of water to stay hydrated.

**Duration:** Friday's 1 hour/class

**Time:** 1:30 - 2:30 PM

**Dates:** January 6, 13, 20, 27      8 Classes for \$40.00  
February 3, 10, 17, 24

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

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 2023. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30 pm.