

ACTIVE AGER EXERCISE

Sponsored by West Milford Community Services & Recreation

This 1-hour class includes muscle toning and helps improve balance, flexibility and posture. Bring a set of light weights (1-4 lb. dumbbells suggested), a small squeeze ball and water to stay hydrated.

- * Class includes seated and standing exercises
- * Stay toned, balanced and flexible
- * No floor work required!
- * When: Tuesdays 9:30-10:30am
- * Dates: July 1, 8, 15, 22 & August 5, 12, 19, 26
- Note: No class on July 29th
- * Where: West Milford Recreation Center, Gym 3
- * Fee: \$40 for 8 classes



To register, go to westmilford.org, click on the Services tab at the top of the screen, then select CommunityPass – Online Registration. Look for 2025 Senior Activities.

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