

ACTIVE AGER EXERCISE

SPONSORED BY WEST MILFORD COMMUNITY SERVICES & RECREATION

- Class includes seated and standing exercises
- Stay toned, balanced, and flexible
- No floor work required!
- Tuesdays
- Class time: 9:30-10:30 am

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: Tuesday's 1 hour/class

Time: 9:30 - 10:30 AM

Dates: May 2, 9, 16, 23, 30 (May 2 & 9 are make-ups)
June 6, 13, 20, 27

Where: West Milford Recreation Center Gym 3
June 20th & 27th will be held in Rooms 6 & 7 at the Library

Fee: 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 "2023 SENIOR PROGRAMS".