

# 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!
- 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

**\* Register for each month separately \***

Dates:	Tuesday's, June 7, 14, 21, & 28	Fee: \$20.00
	July 12, 19, & 26	Fee: \$15.00
	August 2, 9, 16, 23, & 30	Fee: \$25.00

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 2022. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30 pm.