

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: July 7, 14 & August 4, 11, 18, 25

Cost: 6 Classes for \$30.00

Where: West Milford Recreation Center Gym 3

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".