



DRUM AWAY RHYTHM STICK WORKOUT

This fun and unique new beginner class will introduce the participant to Rhythm Stick Exercise. Using Light Weight Drum Rhythm Sticks, you will have fun while learning a new workout routine. Sit and stand in this fun class which will allow the participants to get a unique workout while using mobility of the hands, arms, and legs to music Great for Arthritis, Stretching or just the individual who wants to try a new style of workout. Sticks are provided at each class by instructor.

Duration: 6 weeks

Time: 10:00-10:45AM

Dates: January 6, 13, 20, 27 & February 3, 10

Where: West Milford Recreation Center—gym 3

Fee: \$30.00

1. To register go to www.westmilford.org. Click on the Services tab at the top of the screen. Then select Community Services & Recreation Registration. Look for 2023 Senior Programs.
2. If you need assistance, call the Recreation Office at 973-728-2871. Monday—Friday, 8:30-4:30.