

EVENING ACTIVE AGER EXERCISE

- **Class includes seated and standing exercises**
- **Stay toned, balanced, and flexible**
- **No floor work required!**
- **Class time: 5:00-6:00 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: Thursday's 1 hour/class

Time: 5:00-6:00 PM

Dates: March 16, 23, 30 3 Classes for \$15.00

Where: West Milford Recreation Center Gym 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 Seniors 2023. If you need assistance, call the Recreation Center Office at 973-728-2871, Monday - Friday, 8:30 am - 4:30 pm.