

NIGHT CORE STRETCH & FLEX CLASS

Sponsored by West Milford Community Services & Recreation

Need a good stretch after a busy day? Let's work on improving flexibility, core strength and balance. All this is done in a gentle fashion, chair is used for support.

- * **Have fun while you:**
 - * **Increase your range of motion**
 - * **Stretch out some of your aches and pains.**
 - * **Meet new friends**
 - * **Modifications will be provided**
 - * **Perfect for beginners**
 - * **Light weights are optional**

When: Mondays, February 6, 13, 20, 27

\$20.00 for 4 classes

Time: 6:30 to 7:15 PM

Where: Teen Center, 1073 Westbrook Road, West Milford

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 Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.