

# ROAD TO FITNESS

## Walking Club

Sponsored by the West Milford Community Services & Recreation

During the cooler/cold months, come join the Road to Fitness program and walk the gym. As you walk, you can stop at the different stations following the instructions to stretch, improve strength and improve your balance. Once you feel comfortable walking you can bring a light set of weights to increase your exercise program. This is a great way to socialize and exercise.

**Where: West Milford Recreation Center**

**Gyms 1 & 2**

**When: Monday, Wednesday & Friday**

**Jan. 4, 6, 9, 11, 13, 18, 20, 23, 25, 27, 30**

**Feb. 1, 3, 6, 8, 10, 13, 15, 17, 22, 24, 27**

**Mar. 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29, 31**

**Apr. 3, 5, 10, 12, 14, 17, 19, 21, 24, 26, 28**

**May 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26, 31**

**No walking on Jan 2, 16—Feb 20—Apr 7—May 29**

**Time: 1:00-2:00PM**

**Fee: \$10.00 each month**

Here are a few of the benefits from walking:

- ⇒ Improves Heart Health
- ⇒ Aids weight loss
- ⇒ Regulates blood pressure
- ⇒ Improves circulation
- ⇒ Strengthens bones
- ⇒ Build muscle strength
- ⇒ Increase Cardiovascular capacity
- ⇒ Slow the aging process
- ⇒ Reduce stress levels
- ⇒ Improve your sleep
- ⇒ Meet new people who like to exercise

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 2023.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

