

SENIOR CHAIR YOGA

Sponsored by West Milford Community Services & Recreation

- ♦ **Enhances flexibility, mobility, and builds strength.**
- ♦ **Tones muscles, and improves balance.**
- ♦ **Increases endurance.**
- ♦ **Reduce stress, tension, and pain.**

When: Monday's, November 7, 14, 21, 28

Monday's, December 5, 12, 19

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$35.00

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 2022.

If you need assistance, call the Recreation Office at 973-7258-2871 Monday-Friday, 8:30AM—4:30PM.