

# 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, September 12, 19, 26

October 3, 17, 24, 31

Time: 9:00-10:00AM

Where: West Milford Recreation Center, gym 3

Fee: \$35.00

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 2022.

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