

# Senior Chair Yoga

*Sponsored by West Milford Community Services & Recreation*

- \* Enhances flexibility, mobility and builds strength
  - \* Tones muscles and improves balance
  - \* Increases endurance
  - \* Reduces stress, tension and pain
- \* When: Mondays July 7, 14, 21, 28 & August 4, 18, 25  
Note: no class on August 11th
- \* Time: 9:00-10:00am
- \* Where: WM Recreation Center, Gym 3
- \* Fee: \$35 for 7 classes



To register, go to [westmilford.org](http://westmilford.org), click on the Departments tab at the top of the screen, then select Community Services & Recreation Home, then “Register Here For Programs”. Look for 2025 Senior Activities. If you need assistance, call the Recreation Center office at 973-728-2871, Monday – Friday, 8:30am – 4:30pm.