

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, July/August

July 11, 18 & August 1 8, 15, 22

Time: 9:00-10:00AM

Where: West Milford Recreation Center, gym 3

Fee: \$30.00

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.