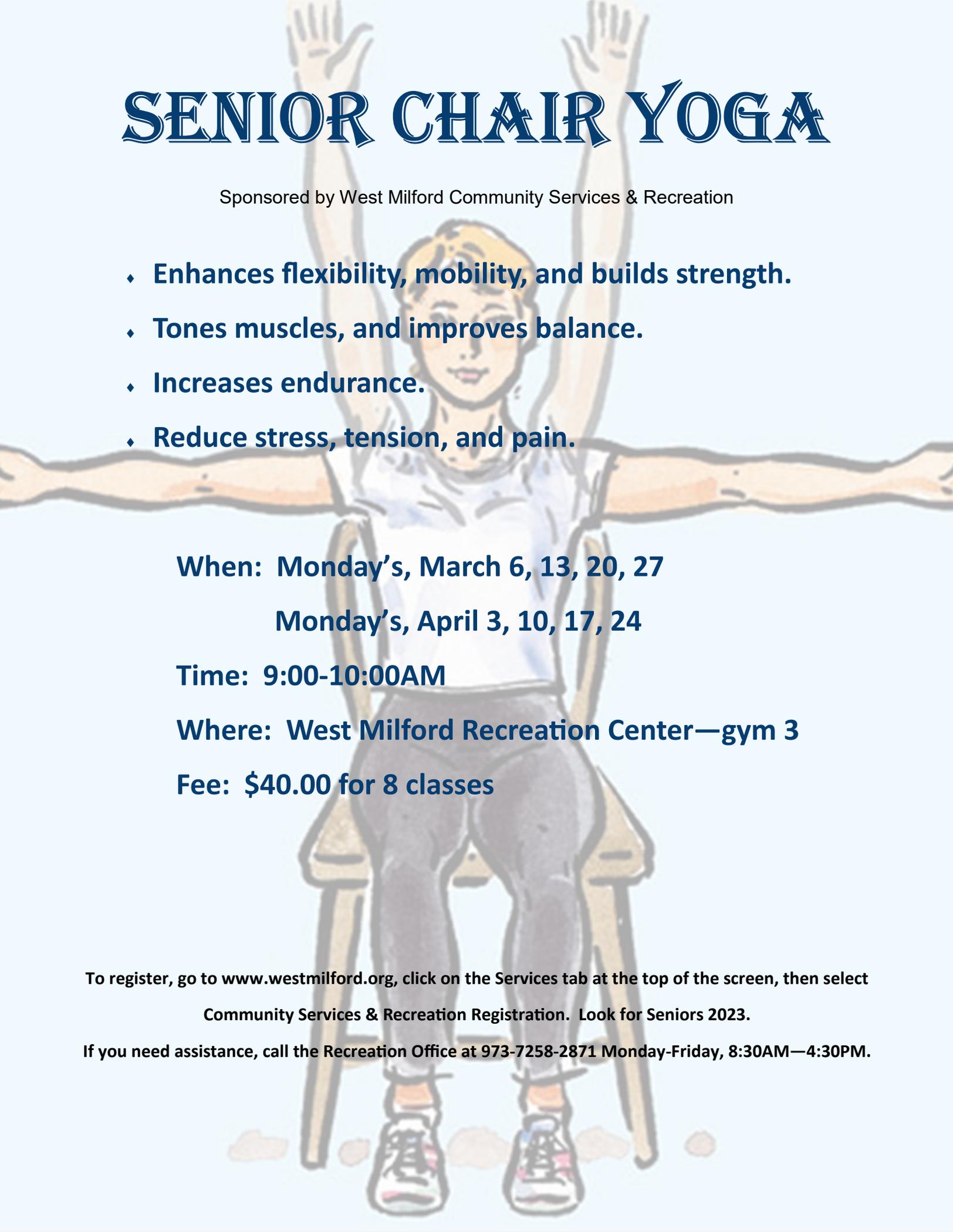


SENIOR CHAIR YOGA

A stylized illustration of a person with short blonde hair, wearing a light blue t-shirt and dark leggings, sitting on a wooden chair. Their arms are raised straight up, and their hands are open. The background is a light blue gradient.

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, March 6, 13, 20, 27

Monday's, April 3, 10, 17, 24

Time: 9:00-10:00AM

Where: West Milford Recreation Center—gym 3

Fee: \$40.00 for 8 classes

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 2023.

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