

# SENIOR CHAIR YOGA

A stylized illustration of a person with blonde hair, wearing a light blue t-shirt and dark pants, sitting on a wooden chair. Their arms are raised straight up, and their legs are spread apart, resting on the chair's seat. 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, May 1, 8, 15, 22**

**Monday's, June 5, 12, 19, 26**

**Time: 9:00-10:00AM**

**Where: West Milford Recreation Center—gym 3**

**June 19th & 26th will be in gym 1**

**Fee: \$40.00 for 8 classes**

## TO REGISTER

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2023 SENIOR PROGRAMS”.