

Senior Chi Yoga

Sponsored by West Milford Community Services and Recreation

- ◆ All fitness levels are welcome.
- ◆ 45 Minute gentle Yoga-Tai Chi class.
- ◆ Focus on posture, balance, spinal stretch and flexibility.
- ◆ Enhances flexibility and mobility, builds strength, tones muscles, improves balance and increases endurance.
- ◆ Modifications will be provided.
- ◆ For adults age 50 and above.

Duration: Monday's or Thursday's

Time: 11:00AM—11:45AM

Dates: Monday's, April 4, 11, 18, 25
May 2, 9, 16, 23
Thursday's, April 7, 14, 21, 28
May 5, 12, 19, 26

Where: West Milford Recreation Center Gym 3

Fee: \$40.00 for 8 Monday's and \$40.00 for 8 Thursday's

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 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.