

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

Register for each month separately.

Dates:	Monday's, June 6, 13, 20, & 27	for \$20.00
	July 11, 18, & 25	for \$15.00
	August 1, 8, 15, 22, & 29	for \$25.00
	OR	
	Thursday's, June 2, 9, 16, 23, & 30	for \$25.00
	July 7, 14, 21 & 28	for \$20.00
	August 4, 11, 18, & 25	for \$20.00

Where: **June will be at the West Milford Recreation Center Gym 3**
July & August will be at the Teen Center, 1073 Westbrook Road, West Milford

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.