

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, November 7, 14, 21, 28 for \$20.00
December 5, 12, 19 for \$15.00

OR

Thursday's, November 3, 10, 17 for \$15.00
December 1, 8, 15, 22, 29 for \$25.00

Where: **West Milford Recreation Center Gym 3**

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.