

TAI CHI CLASS

Sponsored by West Milford Community Services & Recreation

Class will start with 10 minutes of light stretching and posture correction techniques. The instructor will be teaching a simplified version of the popular 24 form Yang style Tai Chi. When everyone gets it we will move on to the 24 form.

Yang 24 is said to be the most popular Tai Chi form “worldwide”.

Benefits of 24 Form:

- * strengthening muscles, tendons and joints**
- * blood and energy circulation**
- * improved immune system**
- * balanced**
- * coordination**
- * concentration**
- * alertness**
- * cognitive abilities**

When: Tuesdays July 1, 8, 15, 22, 29 & August 5, 12, 19, 26

Time: 1:00-2:00pm

Fee: \$45

Where: WM Recreation Center, Gym 3



To register, go to westmilford.org, click on the Departments tab at the top of the screen, then select Community Services & Recreation Home, then “Register Here For Programs”. Look for 2025 Senior Activities. If you need assistance, call the Recreation Center office at 973-728-2871, Monday – Friday, 8:30am – 4:30pm.