Yoga Sculpt Class

This class is a fusion of weight exercises and gentle yoga on a chair or standing up. The focus of this class is on improving strength, flexibility and balance using gentle yoga movements interspersed with light weight training. Light weights are encouraged but optional. Modifications will be available.

- Please bring a water bottle
- Your weights (weights are available if needed)
- Exercise band

Instructor: Fay Bizub

Location: West Milford Recreation Center, Gym 3

Dates: Thursday's, March 2, 9, 16, 23, 30
April 6, 13, 20, 27

Time: 9:30-10:30

Price: $45.00 for 9 classes

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 2023.

If you need assistance, call the Recreation Office at 973-728-2871 Monday—Friday, 8:30 a.m. – 4:30 p.m.

