

YogaStrength Class

Sponsored by West Milford Community Services & Recreation

YogaStrength is where you'll practice flexibility, mobility and alignment. This is a moderate-paced class designed to help you build physical strength with intention.

- * When: Tuesdays 6:00-7:00pm
- * Dates: July 1, 8, 15, 22 & 29
- * Where: West Milford Township Library, upstairs
- * Fee: \$25 for 5 classes



To register, go to westmilford.org, click on the Services tab at the top of the screen, then select CommunityPass – Online Registration. Look for 2025 Senior Activities. If you need assistance, call the Recreation Center office at 973-728-2871, Monday – Friday, 8:30am – 4:30pm.