

# YOGALATES

Come to a fun class including yoga and pilate poses. We will work on strength, body toning and core exercises all while having fun in a supportive hour.

- ◆ We will concentrate on abs, core, and legs.
- ◆ This will be a gentle, beginners class.
- ◆ Please bring a mat as some of the poses are on the floor.
- ◆ Please bring along light weights and band as well as water.

**When: Monday's 6:30-7:30PM**

**Where: Recreation Center, 66 Cahill Cross Road**

**Dates: March 11, 18, 25 & April 1, 8, 15, 22, 29**

**Cost: 8 classes for \$40.00**

**TO REGISTER**

Go online to [www.westmilford.org](http://www.westmilford.org). Click on Community Services & Recreation, then "**REGISTER HERE FOR PROGRAMS**". Once you are in Community Pass look for "2024 SENIOR PROGRAMS".