

Ringwood Recreation 2025

the fun starts here!

DANCE FITNESS CLASS

WITH VERONICA

Register online at CommunityPass.net

under the season "Adult Sports & Exercise Programs"

**MARCH 10, 17, 24, 31
APRIL 7, 28
MAY 5, 12**

**AGES 16 & UP
MONDAYS
7:00-8:00 PM**

**RINGWOOD
COMMUNITY
CENTER
112 ERSKINE RD**

\$40

DANCE YOURSELF INTO FITNESS

GET READY TO MOVE, SWEAT, AND HAVE FUN WITH OUR HIGH-ENERGY DANCE FITNESS CLASS! TAUGHT BY FORMER ZUMBA INSTRUCTOR, VERONICA KING. THIS CLASS IS DESIGNED FOR ALL FITNESS LEVELS, COMBINING EASY-TO-FOLLOW DANCE MOVES WITH CARDIO AND STRENGTH TRAINING TO HELP YOU BURN CALORIES AND BOOST YOUR ENERGY. WHETHER YOU ARE A SEASONED DANCER OR NEW TO FITNESS, YOU WILL ENJOY A HEART-PUMPING WORKOUT THAT FEELS MORE LIKE A DANCE PARTY. JOIN US AND GROOVE YOUR WAY TO A MORE FIT, HEALTHIER YOU! SO GRAB A FRIEND AND JOIN IN THE FUN!

QUESTIONS? CONTACT RECDEPT@RINGWOODNJ.NET OR (973) 475-7171