

# *Ringwood Recreation 2025*

*the fun starts here!*

8 Weeks  
\$40



LIMITED  
SPOTS  
AVAILABLE  
IN THE  
FRIDAY A.M.  
CLASS!

## **Classical Pilates**

*Strengthen Your Mind & Body!*

**Friday Mornings 9:30–10:30 am**

Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31

**\*\* PICK ONE SESSION (NO SUBSTITUTIONS) \*\***

**Saturday Mornings 10:30–11:30 am**

Sept. 13, 20, 27, Oct. 4, 11, 18, 25, Nov. 1

**Improve  
Flexibility  
and Posture**

Instructor: Sasha Svistun

**Sculpt, Tone,  
and Renew  
Your Body**



**Ringwood Community Center –112 Erskine Road**

Register online at [CommunityPass.net](https://CommunityPass.net) under the season  
“Adult Sports & Exercise Programs 2025–2026”

*Please bring your own floor mat*

Questions? Email [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or (973) 475-7171