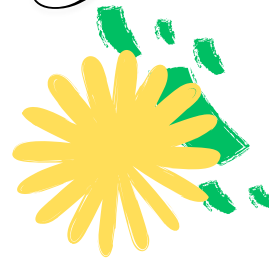


Ringwood Recreation 2026

the fun starts here!

SUMMER



LIMITED
SPOTS
AVAILABLE!

Classical Pilates

Strengthen Your Mind & Body!

6 WEEKS ON FRIDAYS - \$30

Friday Mornings 9:30-10:30 am

May 29, June 5, 12, 19, 26, July 10

(no session on 7/3)

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

8 WEEKS ON SATURDAYS - \$40

Saturday Mornings 10:30-11:30 am

May 30, June 6, 13, 20, 27, July 11, 18, 25

(no session on 7/4)

**Improve
Flexibility
and Posture**

Instructor: Sasha Svistun

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

Ringwood Community Center UPSTAIRS -112 Erskine Road

Register online at CommunityPass.net under the season
"Adult Sports & Exercise Programs 2025-2026"

Please bring your own floor/yoga mat

Questions? Email recdept@ringwoodnj.net or (973) 475-7171