

Ringwood Recreation 2026

the fun starts here!

**SUMMER
SESSION II**



LIMITED
SPOTS
AVAILABLE!



Classical Pilates

Strengthen Your Mind & Body!

8 WEEKS ON FRIDAYS - \$40

Friday Mornings 9:30-10:30 am

JULY 31, AUGUST 7, 14, 21, 28, SEPTEMBER 11, 18, 25
(no session on 9/4)

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

8 WEEKS ON SATURDAYS - \$40

Saturday Mornings 10:30-11:30 am

August 1, 8, 15, 22, 29, SEPTEMBER 12, 19, 26
(no session on 9/5)

**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