

*Ringwood Recreation 2025*  
*the fun starts here!*

# TOTAL Body TRAINING

**Circuit Training Functional  
Exercises in a Group Setting  
Adults 18 years and older**

WORK OUT  
TO ENJOY  
A BETTER LIFE!

**\$30**  
\$10 OUT OF  
TOWN FEE

**Register online at [CommunityPass.net](https://CommunityPass.net) under the  
season "Adult Sports & Exercise Programs"**

**November 1, 8, 15, 22, December 6, 13  
9:00-10:00 a.m.**

**Ringwood Community Center, 112 Erskine Road**

All fitness levels welcome! Bring your own Yoga Mat.

Instructor Amanda DuMont is a NASM Certified Personal Trainer with a specialization in Fitness Nutrition. She has been training since 2017. She has taught fitness classes in Ringwood for 6 years. Amanda is a teacher in the Wanaque Public Schools. She has a 4 year old son and a 1 year old daughter. As a busy mom of two young children, her goal is to create efficient total body workouts that are fun and functional!



**QUESTIONS, CONTACT [RECDEPT@RINGWOODNJ.NET](mailto:RECDEPT@RINGWOODNJ.NET) OR CALL (973) 475-7171**