

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

# YOGA - SUMMER

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

**TUESDAYS EVENINGS - 4 CLASSES - \$20**

**6:30-7:30 PM**

**JULY 8, 15, 29 & AUGUST 5**

(no session on July 22<sup>nd</sup>)

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

**WEDNESDAYS MORNINGS - 4 CLASSES - \$20**

**10:00-11:00 AM**

**JULY 9, 16, 30 & AUGUST 6**

(no session on July 23<sup>rd</sup>)

**Ringwood Community Center  
112 Erskine Road**

INSTRUCTOR: VIOLETTE ESSMAN  
Please bring your own yoga mat



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