

Ringwood Recreation 2026

the fun starts here!



Classical Pilates

Strengthen Your Mind & Body!

Friday Mornings 9:30–10:30 am

Jan. 9, 16, 23, 30, Feb. 6, 13, 20, 27

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

Saturday Mornings 10:30–11:30 am

Jan 3, 10, 24, 31 (no 1/17), Feb. 7, 14, 21, 28

**Improve
Flexibility
and Posture**

Instructor: Sasha Svistun



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

Ringwood Community Center –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