

Ringwood Recreation 2025 *the fun starts here!*

YOGA - FALL/WINTER

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

TUESDAYS EVENINGS - 6 CLASSES - \$30

6:30-7:30 PM

OCTOBER 21, 28, NOVEMBER 18, DECEMBER 2, 9, 16

(no session on November 4, 11, 25)

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

WEDNESDAYS MORNINGS - 8 CLASSES - \$40

10:00-11:00 AM

OCTOBER 22, 29, NOVEMBER 5, 12, 19, DECEMBER 3, 10, 17

(no session on November 26)

Ringwood Community Center, 112 Erskine Road

INSTRUCTOR: VIOLETTE ESSMAN
Please bring your own yoga mat



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