

Ringwood Recreation 2026

the fun starts here!

HIP HOP DANCE CLASS FOR ADULTS

\$40

**Register online at CommunityPass.net
under the season "Adult Sports & Exercise Programs"**

LOOKING FOR A FUN AND ENERGETIC WAY TO BOOST COORDINATION AND ENJOY YOURSELF? JOIN OUR ADULT HIP HOP DANCE CLASS! DESIGNED FOR ALL SKILL LEVELS, THIS CLASS COMBINES RHYTHMIC MOVEMENTS WITH DYNAMIC ROUTINES TO ENHANCE YOUR COORDINATION, BALANCE, AND OVERALL FITNESS. BEYOND PHYSICAL BENEFITS, HIP HOP DANCE FOSTERS SELF-EXPRESSION AND CONFIDENCE, MAKING EACH SESSION BOTH EMPOWERING AND ENJOYABLE. WHETHER YOU'RE NEW TO DANCE OR LOOKING TO REIGNITE YOUR PASSION, COME GROOVE WITH US AND EXPERIENCE THE JOY OF MOVEMENT!

MONDAYS

7:00-8:00 PM

**MARCH 16, 23, 30,
APRIL 13, 20, 27
MAY 4, 11**

**RINGWOOD COMMUNITY
CENTER
112 ERSKINE RD**



**Instructor: Nina Lorusso, Certified Dance Instructor and
Montclair Public Schools Teacher**

QUESTIONS? CONTACT RECDEPT@RINGWOODNJ.NET OR (973) 475-7171