

Join us

# RINGWOOD RECREATION 2024

*The Fun Starts Here!*

## DANCE FITNESS CLASS

*with Veronica*

**Ringwood! Monday nights are about to get a whole lot more fun! Join in the fun!**

**\$40**

- ◆ AGES 16 and up
- ◆ MONDAYS 7:00-8:00 PM
- ◆ Register online at [CommunityPass.net](https://CommunityPass.net) under the season "Adult Sports and Exercise Programs"
- ◆ Program runs from October 7th through November 18th (no class on 11/11/24)
- ◆ Ringwood Community Ctr, 112 Erskine Road

### ***Dance yourself into fitness!***

*Get ready to move, sweat, and have fun with our high-energy dance fitness class! Taught by former Zumba instructor, Veronica King. This class is designed for all fitness levels, combining easy-to-follow dance moves with cardio and strength training to help you burn calories and boost your energy. Whether you are a seasoned dancer or new to fitness, you will enjoy a heart-pumping workout that feels more like a dance party. Join us and groove your way to a more fit, healthier you! So grab a friend and join in the fun!*

**Wear comfortable clothing, sneakers and bring plenty of water!**

**Any questions, contact [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or (973) 475-7171**