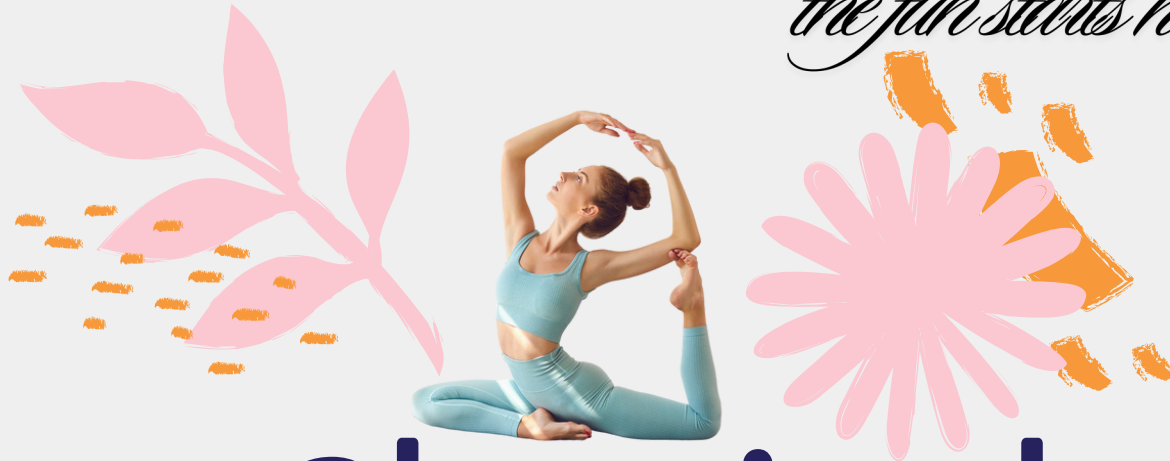


Ringwood Recreation 2025

the fun starts here!



Classical Pilates

8 Weeks
\$40

Strengthen Your Mind & Body!

**Improve
Flexibility
and
Posture**

Monday Evenings

6:15 p.m. - 7:15 p.m.

1/27, 2/3, 2/10, 2/24,
3/3, 3/10, 3/17, 3/24

(No session on 2/17)

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

Ringwood Community Center - Upstairs - 112 Erskine Road

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

Instructor: Karen Westhelle

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