

Ringwood Recreation 2026

the fun starts here!

**FALL
SESSION**



LIMITED
SPOTS
AVAILABLE!



Classical Pilates

Strengthen Your Mind & Body!

8 WEEKS ON FRIDAYS - \$40

Friday Mornings 9:30-10:30 am

October 2, 9, 16, 23, 30, November 6, 13, 20

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

7 WEEKS ON SATURDAYS - \$35

Saturday Mornings 10:30-11:30 am

**October 3, 10, 17, 31, November 7, 14, 21
(no session on 10/24)**

**Improve
Flexibility
and Posture**

Instructor: Sasha Svistun

**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 2026-2027"

Please bring your own floor/yoga mat

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