

# Ringwood Recreation 2025

*the fun starts here!*



LIMITED  
SPOTS  
AVAILABLE

## Classical Pilates SPRING!

8 Weeks  
\$40

*Strengthen Your Mind & Body!*

Improve  
Flexibility  
and  
Posture

### Monday Evenings

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

4/7, 4/14, 4/21, 4/28,  
5/5, 5/12, 5/19, 6/2

(No session on 5/26)

Sculpt,  
Tone, and  
Renew  
Your Body

*Ringwood Community Center - Upstairs - 112 Erskine Road*

Register online at [CommunityPass.net](https://CommunityPass.net) under the season "Adult Sports & Exercise Programs"

*Instructor: Karen Westhelle*

Questions? Email [recdept@ringwoodnj.net](mailto:recdept@ringwoodnj.net) or (973) 475-7171