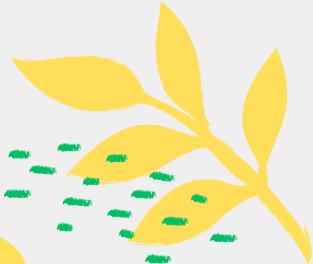


Ringwood Recreation 2026

the fun starts here!

SPRING

8 Weeks
\$40



LIMITED
SPOTS
AVAILABLE!

Classical Pilates

Strengthen Your Mind & Body!

Friday Mornings 9:30-10:30 am

**March 6, 13, 20, 27, April 10, 24, May 1, 8
(no session on 4/3 or 4/17)**

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

Saturday Mornings 10:30-11:30 am

**March 7, 14, 28, April 11, 18, 25, May 2, 9
(no session on 3/21 or 4/4)**

*Improve
Flexibility
and Posture*

Instructor: Sasha Svistun

*Sculpt, Tone,
and Renew
Your Body*

Ringwood Community Center -112 Erskine Road

Register online at CommunityPass.net under the season
“Adult Sports & Exercise Programs 2025-2026”

Please bring your own floor/yoga mat

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