

Ringwood Recreation 2026 *the fun starts here!*

FALL SESSION

TOTAL Body TRAINING

**Circuit Training Functional
Exercises in a Group Setting
Adults 18 years and older**

**WORK OUT
TO ENJOY
A BETTER LIFE!**

**7 WEEKS
\$35**

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

September 12, 19, 26, October 3, 10, 17, 31

(no session on 10/24)

9:00 a.m. - 10:00 a.m.

Ringwood Community Center, 112 Erskine Road

All fitness levels welcome! Bring your own Yoga Mat.

Instructor Amanda DuMont is a NASM Certified Personal Trainer with a specialization in Fitness Nutrition. She has been training since 2017. She has taught fitness classes in Ringwood for 6 years. Amanda is a teacher in the Wanaque Public Schools. She has a 5 year old son and a 2 year old daughter. As a busy mom of two young children, her goal is to create efficient total body workouts that are fun and functional!



QUESTIONS, CONTACT RECDEPT@RINGWOODNJ.NET OR CALL (973) 475-7171