



For Ringwood Residents 50 & older and Non-Ringwood Seniors who are members of the Ringwood Senior Club

STARTS JANUARY 2nd through DECEMBER 23rd

TUESDAYS & THURSDAYS

10:00 am - 10:45 am

Ringwood Community Center 112 Erskine Road

Instructor: Jo Ann Dow-Breslin No Session on 4/17, 11/4, 11/11 or 11/27 Summer schedule TBD

Please wear comfortable light weight clothing and supportive sneakers and remember to bring water!

Registration and participation/waiver forms can be done at the first class you attend



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