

Join Us

# RINGWOOD RECREATION 2024

*The Fun Starts Here!*



## BOOTCAMP



Come join Ringwood Rec for a great  
Adult Exercise Program!

Boot Camp Exercise Class

Circuit Training Functional Exercises in a Group Setting

Adults 18 years and older

Only \$40.00  
for 7 Classes  
\$50.00 for non-  
residents

**Saturday Mornings**

9:00 am - 10:00 am

July 13, 20, 27, August 3, 10, 17, 24

Ringwood Community Ctr, 112 Erskine Rd

Instructor Amanda DuMont is a NASM Certified Personal Trainer with a specialization in Fitness Nutrition. She has been training since 2017. She has taught bootcamp classes in Ringwood for 4 years. Amanda is also a teacher in the Wanaque Public Schools. She has a 3 year old son and a 6 month old daughter. As a busy mom of two young children, her goal is to create efficient total body workouts that are fun and functional!

All fitness levels welcome! Bring your own Yoga mat.

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

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