

The Riegel Ridge Community Center
New Additions Beginning In January:
Yoga, Music for Tots, Tumble Time, Karate & Cheernastics!
www.riegelridgecc.org 908-995-9260

Yoga Coming In January!

- Will be offered **Wednesdays 6:30-7:30-PM & Fridays 9:30-10:30 AM**
- All levels welcome, please bring your own mat

Boot Camp & Interval Challenge New Times!

- **Boot Camp: Monday 9:30-10:30AM**
- **Interval Challenge: Wednesday 9:30-10:30AM**

Fitness Classes

- Monday Through Thursday & Saturdays (**Free To All Members**)
- 8 classes to choose from, including: No Impact, Boot Camp, Bands & Balls
- Zumba on Mondays **AND** Thursdays (\$5 Members \$10 Non-Members)

Tumble Time

- **Wednesday class will be offered in January 2012!**
- Parent & Toddler playtime that provides safe tumbling equipment and the freedom of an entire gymnasium! A special time for your child to tumble, jump, dance, hop, skip & have fun, and a friendly environment for your child to make new friends.
- Tuesdays & Thursday from 10:30-12:00 (come for the whole time or even a half hour!)

Music For Tots

- **Coming in January 2012!**
- Offering you and your child to the chance to explore music while providing a positive environment to express themselves through games, dance, and song
- Please call and add your name to our growing interest

Isshinryu Karate:

- Pick up your registration form today!
- Begins Thursday January 5th, 6:00-7:30 PM
- Members: \$35 a month , Non-members: \$40 a month
- Taught by Keith Groogan 3rd degree black belt with over 20 years Karate training

Cheernastics:

- Registration Now Open!
- Level 1 & 2: \$125
- Level 3 & 4 : \$175
- 12 week long session
- Level 1 & 3 = Tuesday Night & Level 3 & 4 Wednesday Night