

Please Come Join Us At
The Riegel Ridge Community Center
Fitness Classes & Children's Programming!
New Isshinryu Karate & Returning Cheernastics!
www.riegelridgecc.org 908-995-9260

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

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

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
- Nursery songs and percussion instruments for age appropriate concepts
- 1 session (4 classes), pre-registration program for ages 3 to 5
- Please call and add your name to our growing interest list

Cheernastics

- Returning in January 2012
- Call to add your name to our registration notification list!

New Isshinryu Karate

- Beginning January 5, 2012 on Thursdays at 6:00-7:30
- Come pick up your registration form today!
- Members \$35 a month, Non-members \$40 a month

Please check our website or call for any additional information