

## Art, Fitness & Sports Classes

Online registration starts on August 24, 2016.

Class	Instructor	Day	Time	Fee
Art Workshop** (4 classes)	Marjan Nirou-Saniee	Wed	10 am – 1 pm	\$120
Badminton **	n/a	Fri	7 – 10 pm	No fee See NOTE
Body Shaping	Cyndi Giordano	Tue	7 – 8 pm	\$78*
		Thu		\$84
Boot Camp	Mike Czech	Mon	6 – 7 <u>am</u>	\$84*
		Wed		\$84
		Fri		\$84
Boxing	Mike Czech	Tue	6 – 7 <u>am</u>	\$78*
		Thu		\$84
Cardio Combo	Mike Czech	Mon	9 – 10 am	\$84*
		Wed		\$84
		TBD		\$84
Line Dancing	David Cross	Mon	<b>CANCELLED</b>	\$84
Men's Open Gym Basketball	n/a	Tue (Age 18-30)	8:30 – 10:30 pm	No fee See NOTE
	n/a	Wed (Age 30+)		
	n/a	Thu (Age 40+)		
Pickleball	Arlene Regan	Wed	8:30 – 10 am	No fee See NOTE
Pilates	Peggy Potter	Tue	<b>CANCELLED</b>	\$78
Table Tennis**	Howard Lee	Sat	8 – 9:30 am	\$120
		Sun	3 – 4:30 pm	
Women's Open Gym Volleyball**	n/a	Mon	7:30 – 9:30 pm	No fee See NOTE
Yoga	Shirley Fee	Tue	7 – 8 pm	\$78
		Wed		
Yoga	Judy Parenti	Tue	6 – 7 pm	\$78
		Wed	9 – 10 am	\$84
		Thurs	6 – 7 pm	
		Fri	9 – 10 am	

\* Special ~ \$234 for all 3 Boot Camp or all 3 Cardio Combo classes.  
 ~ \$150 for 2 Body Shaping or 2 Boxing classes.

\*\* See Class Description for exact class dates and number of days.

NOTE: Non-residents may register for an additional \$20 fee per program.

For programs above with no fee, all participants must register; non-residents are subject to a \$20 fee.

### 2016 FALL SESSION DATES

Mondays: Sept. 12, 19, 26; Oct. 10, 17, 24, 31; Nov. 7, 14, 21, 28; Dec. 5, 12, 19  
 Tuesdays: Sept. 13, 20, **27**; Oct. 4, **11**, 18, 25; Nov. 1, 15, 22, 29; Dec. 6, 13, 20  
 Wednesdays: Sept. 14, 21, 28; Oct. 5, 19, 26; Nov. 2, 9, 16, **23**, 30; Dec. 7, 14, 21  
 Thursdays: Sept. 15, 22, 29; Oct. 6, 13, 20, 27; Nov. 3, 10, 17; Dec. 1, 8, 15, 22  
 Fridays: Sept. 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 11, 18; Dec. 2, 9, 16, 23

(**9/27, 10/11 & 11/23** - please check your receipt as not all classes are held these days.)

### Class Descriptions

**ART WORKSHOP:** Individual attention in a small group setting. Emphasis is on developing skills and exploring basic techniques in drawing and/or painting. A variety of media will be used: colored pencils, charcoal, pastel, watercolors and acrylics (materials included). Session I: 10/19, 10/26; 11/2 11/9. *Location: Municipal Center Art Room.*

**BADMINTON:** Build badminton skill through match play. All skill levels are welcome. Equipment supplied. Fridays: Sept. 16, 23, 30; Oct. 7, 14, 21, 28; Nov. 4, 11, 18. *Location: Municipal Center Gym*

**BODY SHAPING:** Utilize weights, bands, body-weight and challenging techniques to push your body to greater fitness. Appropriate for all levels, this class continually changes routines and seeks to push participants past their limits. *Location: Municipal Center Gym.*

**BOOT CAMP:** An early morning high-intensity workout for core stabilization, toning and stamina; includes body weight exercises. Designed to help increase metabolism & energy level. *Location: Municipal Center Gym/NPHS Track.*

**BOXING:** Classic boxing using boxing ring steps, punching fundamentals, and aerobics. This class will help you increase speed, self-defense, strength, and also lose weight. Suitable for both men & women. *Location: Municipal Center Gym.*

**CARDIO COMBO:** A total body workout focused on cardiovascular & strengthening exercises. Take more than one class to mix up your workout routine with talented instructors. *Location: Municipal Center Gym.*

**LINE DANCING:** A fun movement class & great workout for every level. Beginner friendly - all are welcome. No routines to memorize! Instructor: David Cross (20+ years' experience). *Location: Municipal Center Gym.* **CANCELLED**

**MEN'S OPEN GYM BASKETBALL:** Informal pick-up games. Registration required. *Location: Municipal Center Gym.*

**PICKLEBALL:** Learn the game and participate in scrimmages! Demonstrations and review of rules by experienced instructor. All equipment provided. Sessions begin Wed. 9/21 outside. Sessions move indoors later in fall from 11am – 12:30pm. *Location: Municipal Tennis Courts/Municipal Center Gym.*

**PILATES:** Pilates improves flexibility, builds strength, develops control and endurance, emphasizing alignment, breathing, developing a strong core, and improving coordination and balance. *Location: Municipal Center Gym.* **CANCELLED**

**TABLE TENNIS:** Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants. Saturdays: Sept 24; Oct. 1, 8, 15, 22, 29; Nov. 5, 19. Sundays: Sept. 25; Oct. 2, 9, 16, 23, 30; Nov. 6, 20. *Location: Municipal Center, Room G-2.*

**WOMEN'S OPEN GYM VOLLEYBALL:** (Women Ages 18+): Fun, informal scrimmages. Registration required. Mondays: 9/19, 9/26; 10/17, 10/24; 11/14. *Location: New Providence HS/MS Gym.*

**YOGA (Judy):** Gentle/Moderate - This smooth flowing practice connects mind, breath and body through moderate vinyasa-style movement. It incorporates stretching, strengthening and balance. This practice is suitable for everyone – a gentle/moderate paced class, but easily modified for beginners to advanced practitioners. It is an enjoyable combination of movement and stillness, designed to clear the mind and result in a relaxed state of calmness. *Location: Municipal Center, Room G-2.*

**YOGA (Shirley):** Balanced Flow - Suitable for all levels. Classes provide grounding in the foundations of yoga, working into a flow that develops balance, strength and flexibility, with an emphasis on the alignment (with use of props as needed) and the breath. *Location: Municipal Center, Room G-2.*