

## Art, Fitness & Sports Classes

Registration opens June 9, 2016

Class	Instructor	Day	Time	Fee
Badminton **	n/a	Fri	7 – 10 pm	No fee for residents
Body Shaping	Cyndi Giordano	Tue	7 – 8 pm	\$60
		Thu		\$60
Boxing	Mike Czech	Tue	6 – 7 <u>am</u>	\$60
Pickleball	Arlene Regan	Wed	8:30 – 10:00 <u>am</u>	Register under Spring
Power Flex	Mike Czech	Mon	6 – 7 <u>am</u>	\$54*
		Wed		\$60*
		Fri		\$60*
Table Tennis**	Howard Lee	Sat	8 – 9:30 <u>am</u> 9:30 – 11:00 <u>am</u>	\$90
Yoga – Level 1-2	Judy Parenti	Tue	6 – 7 pm	\$60
Yoga – Level 2	Shirley Fee	Tue	7 – 8 pm	\$60
Yoga – All Levels	Judy Parenti	Wed	7:30 – 8:30 <u>am</u>	\$60
Yoga – Level 2	Shirley Fee	Wed	7 – 8 pm	\$60
Yoga – All Levels	Judy Parenti	Thur	6 – 7 pm	\$60
Yoga – Beg/Level 1	Judy Parenti	Fri	7:30 – 8:30 <u>am</u>	\$60

\* Special fee - \$140 for all 3 Power Flex 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, non-residents are subject to a \$20 fee.

### New Providence Recreation

Registration begins Thursday, June 4.

Visit [www.newprov.org/recreation](http://www.newprov.org/recreation) and select Online Registration. Classes are listed under 2016 Adult Summer.

### Class Descriptions

**BADMINTON:** Build badminton skills through match play. All skill levels are welcome. Equipment supplied. Fridays: June 24; July 8, 15, 22, 29; Aug. 5, 12, 19 and 26. *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.*

**BOXING:** Early morning classic boxing using boxing ring steps, punching fundamentals, and aerobics. This class will help you increase speed, self-defense, strength, and also lose weight. *Location: Municipal Center Gym.*

**PICKLEBALL:** Learn the game and participate in scrimmages! Demonstrations and review of rules by experienced instructor. All equipment provided. *Location: Municipal Tennis Courts.*

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

**TABLE TENNIS:** Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants: July 9, 16, 23; Aug 6, 13, 20. *Location: Municipal Center, Room G-2.*

**YOGA:** Breathe, stretch, and relax! Let stress and tension melt away as you stretch and strengthen your body and relax your mind. Bring your own mat and a large towel for relaxation. *Location: Municipal Center, Room G-2.*

#### SUMMER SESSION DATES:

**Mondays** June 27; July 11, 18, 25; Aug 1, 8, 15, 22, 29 (9 days)

**Tuesdays** June 28; July 5, 12, 19, 26; Aug 2, 9, 16, 23, 30 (10 days)

**Wednesdays** June 29; July 6, 13, 20, 27; Aug 3, 10, 17, 24, 31 (10 days)

**Thursdays** June 30; July 7, 14, 21, 28; Aug 4, 11, 18, 25, Sept 1 (10 days)

**Fridays** July 1, 8, 15, 22, 29; Aug 5, 12, 19, 26, Sept 2 (10 days)

**Saturdays** July 9, 16, 23; Aug 6, 13, 20 (6 days)

**Make-ups** Sept 6 -9

**No Classes** July 4<sup>th</sup> or Sept 5

Adult Fall Session begins week of September 12, 2016

(Registration will take place in August)