

Art, Fitness & Sports Classes

Online registration starts on December 6, 2016.

Class	Instructor	Day	Time	Fee
Art Workshop** (2 sessions)	Marjan Nirou-Saniee	Wed	10 am – 1 pm	\$132
Studio Art Workshop** (2 sessions)	Mary Jean Canziani	Wed	7 – 9 pm	\$88
Body Shaping	Cyndi Giordano	Tue	7 – 8 pm	\$75*
		Thu		\$75
Boot Camp	Mike Czech	Mon	6 – 7 <u>am</u>	\$68*
		Wed		\$75
		Fri		\$75
Boxing	Mike Czech	Tue	6 – 7 <u>am</u>	\$75*
		Thu		\$75
Cardio Combo	Mike Czech	Mon	9 – 10 am	\$68*
		Wed		\$75
		Fri		\$75
Pickleball	Arlene Regan	Wed	11 am– 12:30 pm	No fee See NOTE
Table Tennis**	Howard Lee	Sat	2 – 3:30 pm	\$120
		Sun	3 – 4:30 pm	\$120
Women's Open Gym Volleyball**	n/a	Mon	7:30– 9:00 pm	No fee See NOTE
Yoga	Shirley Fee	Tue	7 – 8 pm	\$75
		Wed		\$75
Yoga	Judy Parenti	Tue	6 – 7 pm	\$75
		Wed	9 – 10 am	\$75
		Fri	9 – 10 am	\$75
Zumba® (New!!)	Donna Sukiennik	Tue	9 – 10 am	\$75

* Special – \$200 for all 3 Boot Camp or all 3 Cardio Combo classes.
 – \$135 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.

2017 WINTER SESSION DATES

Monday: Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; Mar 6, 13, 20 (10 days) Make up Mar 27
 Tuesday: Jan 10, 17, 24, 31; Feb 7, 14, 21, 28; Mar 7, 14, 21 (11 days) Make up March 28
 Wednesday: Jan 11, 18, 25; Feb 1, 8, 15, 22; Mar 1, 8, 15, 22 (11 days) Make up March 29
 Thursday: Jan 12, 19, 26; Feb 2, 9, 16, 23; Mar 2, 9, 16, 23 (11 days) Make up March 30
 Friday: Jan 13, 20, 27; Feb 3, 10, 17, 24; Mar 3, 10, 17, 24 (11 days) Make up March 31



SPRING Session Dates: April 3 – June 23, 2017

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: 1/11, 1/18, 1/25; 2/1. Session II: 2/15, 2/22; 3/1, 3/8. *Location: Municipal Center Art Room.*

STUDIO ART WORKSHOP: Explore techniques of creating art! We will provide all the materials as you learn & develop skills in drawing and painting: including canvas, paper, charcoal, pastel, watercolor and acrylic paint. Our instructor will provide individual attention and encouragement for all skill levels in a small group setting. Enjoy the chance to work in a creative studio environment away from the distractions of home. Session I: 1/11, 1/18, 1/25; 2/1. Session II: 2/15, 2/22; 3/1, 3/8. Instructor: Mary Jean Canziani. *Location: Municipal Center Art Room.*

BODY SHAPING: Utilize weights, bands, body-weight & challenging techniques to push your body to greater fitness. Appropriate for all levels, this class continually changes routines & seeks to push participants past their limits. Take this class 2 times a week and save! *Location: Municipal Center Gym/DeCorso Center.*

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. Take this class 3 times a week and save! *Location: Municipal Center Gym.*

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. Take this class 2 times a week and save! *Location: Municipal Center Gym.*

CARDIO COMBO: A varied workout including weight training, cardiovascular movement, balance drills and core work to help improve all aspects of fitness. All levels welcome. Take it 3 times a week and save! Instructor: Mike Czech. *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 Center Gym.*

TABLE TENNIS: Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants. *Location: Municipal Center, Room G-2.*

WOMEN'S OPEN GYM VOLLEYBALL: (Women Ages 18+): Fun, informal scrimmages. Registration required. Mondays 3/6, 3/20, 3/27; 4/3, 4/10, 4/24; 5/1, 5/8, 5/15, 5/22. *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.*

ZUMBA® (new!) w/Donna - A fusion of Latin and International music / dance themes that create a dynamic, exciting workout and is based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. You will move to great music, with great people, and burn a ton of calories without even realizing it. The perfect combo of fun and fitness for all levels and all ages! No experience necessary. *Location: Municipal Center Gym.*