

## COMMUNITY ACTIVITIES



## RECREATION DEPARTMENT—SUMMER

### ADULT FITNESS CLASSES

**REGISTER NOW ONLINE!** Go to [www.newprov.org/recreation](http://www.newprov.org/recreation) or pick up a form in the office at 360 Elkwood Ave, New Providence. Check the Recreation Calendar for exact dates. Non-residents are welcome for an additional \$10 fee per session. CLASSES BEGIN June 1, 2009.

**Questions? Call Recreation at 908-464-4430.**



#### BODY BLAST BOOT CAMP

An outdoor workout designed to zap the fat, increase metabolism and energy level, sculpt and tone your body, and leave you feeling fabulous and fit while having fun.

We are offering two five-week sessions of three classes per week. We recommend you take this class 3 times per week to maximize results. However, you may register for one or two class days. Class size is limited to 12 per day.

**WHERE:** New Providence Tennis Courts and nearby fields (indoors at the Recreation Gym on rainy days)

**WHEN:** Mondays, Wednesdays & Fridays 6:00-7:00AM

Session A: June 1—July 3

Session B: July 6 — August 7

**INSTRUCTOR:** Beth Rankin

**COST:** Mondays: \$25 per 5-week session

Wednesdays: \$25 per 5-week session

Fridays: \$25 per 5-week session

#### YOGA

Breathe, stretch, 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.

**WHERE:** New Providence Municipal Center, G-2

**WHEN:** See table at right

**INSTRUCTOR:** LaRonda Gumm

**COST:** \$66

Day	Level	Time
Tuesdays	1-2	6:00-7:00PM
	2-3	7:00-8:00PM
Wednesdays	3	9:00-10:00AM
	1	6:00-7:00PM
	2	7:00-8:00PM
	3	8:00-9:00PM

#### CARDIO COMBO

Total body workout focused on cardiovascular and strengthening exercises.

**WHERE:** New Providence Senior Center, 15 East 4th Street

**WHEN:** Mondays, 7:00-8:00PM

**INSTRUCTOR:** Beth Rankin

**COST:** \$55



**MAT PILATES BEGINNER TO INTERMEDIATE:** This class focuses on the exercises originally developed by Joseph Pilates, created to strengthen core postural and deep torso muscles to keep the body balanced and to stretch, strengthen and stabilize key muscles. Our instructor, a certified level 11 Mat Pilates teacher, is passionate about the fine details of the discipline

**WHERE:** New Providence Municipal Center, G-2

**WHEN:** Thursdays, 10:00-11:00AM

**INSTRUCTOR:** Georgina Jacobs

**COST:** \$55