



Fitness & Art Classes

Registration opens Tuesday, August 14, 2018

Class	Instructor	Day	Time	Fee
Core Fitness	Mike Czech	Mon	9 – 10 am	\$91
		Wed		\$98
Early A.M. Fitness Challenge	Mike	Tues	6 – 7 am	\$98
		Thur		\$98
Mix It Up! Exercise	Cyndi	Tue	7 – 8 pm	\$91*
		Thur		\$98
Studio Art Workshop	Mary Jean	Thur	10am – Noon	\$154/session
		Tues	7 – 9 pm	\$154/session
Yoga	Judy	Tue	6 – 7 pm	\$91*
	Francoise		7 – 8 pm	\$91*
	Judy	Wed	9 – 10 am	\$98
	Francoise		7 – 8 pm	\$91
	Judy		Fri	9 – 10 am
Zumba®	Donna	Tue	9 – 10 am	\$98

* **NOTE:** Morning and evening class dates differ. Class dates are listed on your registration receipt.

Register through www.newprov.org/recreation. Follow on-line *CommunityPass* link and choose "2018 Adult Fall".

Non-residents may register for an additional **\$20** fee/program or session.

2018 ADULT FALL SESSION DATES

Mondays: Sept 17, 24; Oct 1, 15, 22, 29; Nov 5, 12, 19, 26; Dec 3, 10, 17 (13 classes)
 Make-up: None

Tuesdays: Sept 11, 18 (AM only), 25; Oct 2, 9, 16, 23, 30; Nov 13, 20, 27; Dec 4, 11, 18 (13-14 classes) Make-up: None

Tuesdays Art Class: Session I – Sept 11, 25; Oct 2, 9, 16, 23, 30 (7 classes)
 Session II – Nov 6, 13, 20, 27; Dec 4, 11, 18 (7 classes)

Wednesdays: Sept 12, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14, 21 (AM only), 28; Dec 5, 12, 19 (13-14 classes) Make-up: Jan 2

Thursdays: Sept 13, 20, 27; Oct 4, 11, 18, 25; Nov 1, 8, 15, 29; Dec 6, 13, 20 (14 Classes)
 Make-up: January 3

Thursdays Art Class: Session I - Sept 13, 20, 27; Oct 4, 11, 18, 25 (7 classes)
 Session II - Nov 1, 8, 15, 29; Dec 6, 13, 20 (7 classes)

Fridays: Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16, 30; Dec 7, 14, 21 (AM only)
 (13-14 classes) Make-up: January 4

Class Descriptions

CORE FITNESS: A varied & complete workout including dumbbell & body-weight training, cardiovascular movement, balance drills and core work to help improve all aspects of fitness. All levels welcome! *Location: Municipal Center Gym.*

EARLY A.M. FITNESS CHALLENGE: If you are seeking weight loss, core body strength & a toned physique, this high-intensity workout will deliver! Designed to help increase metabolism & energy. All levels are welcome! Class begins outdoors during early fall session and moves indoors later months or inclement weather. *Location: at NPHS Track or Municipal Center Gym.*

MIX IT UP! EXERCISE: Class changes every week. Themes vary from body-weight training, to cardio kickboxing, HIIT (High Intensity Interval Training), and circuit training. Use of free weights, resistance bands, exercise balls & kettlebells. All levels of fitness are welcome! *Location: Municipal Center Gym.*

STUDIO ART WORKSHOP: Explore techniques of creating art! We will provide the materials as you learn & develop skills in drawing and painting. Receive individual attention in a peaceful, creative studio environment. Leave your stress at the door and enjoy the pleasure and benefits of making a work of art. Our instructor and fellow students give support and encouragement to those with all levels of experience, including beginners. Give it a try! *Location: Municipal Center Art Room.*

YOGA (Judy): Gentle/Moderate - This smooth flowing practice connects mind, breath & body through moderate vinyasa-style movement. Stretching, strengthening & balance suitable for everyone, but easily modified for beginners to advanced. *Location: DeCorso Center 15 E. Fourth Street, Municipal Center Room G-2 or New Providence Memorial Library.*

YOGA (Francoise): *New Tap into your awareness with yoga flow. Move from one pose onto the next with the options given to go low, medium, or high so that you take your yoga practice to your edge. Learning to isolate the correct muscle groups and breath, this class is suited for all. Class provides lengthening and strengthening the body and mind. Your Savasana, also known as the yogi sleep, at the end of class will have you recommitted, renewed, and refreshed! Yin begins each class as we hold poses to awaken, Yang continues as we flow to warm up our senses, and Reiki is imposed at the end of each class. *Location: DeCorso Center, 15 E. Fourth Street.*

ZUMBA®: A fusion of Latin & international music/dance themes that create a dynamic workout based on the principle that a workout should be "FUN and EASY TO DO". Routines feature aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body. Burn a ton of calories without even realizing it! Perfect for all levels and all ages! No experience necessary. *Location: Municipal Center Gym.*



Please also see our 2018 Adult Fall Session "Sports Programs" flyer for information on badminton, men's basketball, senior soccer, table tennis, tennis and volleyball!