

Fitness & Sports Classes

Online registration starts on Thursday, May 31st

Class	Instructor	Day	Time	Fee
Badminton	n/a	Mon	7 – 10 pm	See NOTE
Mix It Up! Exercise*	Cyndi Giordano	Tue	7 – 8 pm	\$63
		Thur		\$63
Early A.M. Fitness Challenge	Mike Czech	Tues	6 – 7 am	\$56*
		Thur		\$56*
Foundation Tennis	USSI	Sat	8 – 9 am	\$129
Table Tennis	Howard Lee	Sat	8:30 am 10:00 am	\$120
		Sat	11 am – 12:30 pm	\$120
Yoga	Shirley Fee	Tue	7 – 8 pm	\$63
		Wed		\$63
Yoga	Judy Parenti	Tue	6 – 7 pm	\$63
		Wed	9 - 10 am	\$63
		Fri	9 -10 am	\$63
Zumba®	Donna Sukiennik	Tue	9 – 10 am	\$49*

NOTE: All participants must register in *CommunityPass*. Please use the link from our website www.newprov.org/recreation. Residents are free; non-residents are welcome to register for an additional **\$20** fee per program.

*Some classes may run less than 9 days. Check your receipt for exact dates.

2018 SUMMER SESSION DATES

Mondays: June 25; July 9, 16, 23, 30; Aug 6, 13, 20, 27 (9 days)

Tuesdays: June 26; July 10, 17, 24, 31; Aug 7, 14, 21, 28 (9 days)

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

Thursdays: June 28; July 12, 19, 26; Aug 2, 9, 16, 23, 30 (9 days)

Fridays: June 29; July 13, 20, 27; Aug 3, 10, 17, 24, 31 (9 days)

No classes: July 2nd – July 6th

Class Descriptions

BADMINTON: Build badminton skills through match play. All skill levels are welcome. Equipment supplied. Monday evenings in the summer. *Location: 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. *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. *Location: NPMS Track & Fields; rain location -Municipal Center Gym. Classes begin July 10.*

FOUNDATION TENNIS: Designed to introduce new or less experienced players to the fundamentals of tennis. Each session will focus on a specific skill| including stroke technique, serving, court awareness, and rallying. Players must provide their own racket. Saturdays – June 30; July 7, 14, 21, 28; Aug. 4. *Location: Municipal Tennis Courts.*

TABLE TENNIS: Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants. Offered two different times on Saturday mornings: July 7, 14, 21, 28; Aug. 4, 11, 18, 25. *Location: DeCorso Center, 15 East 4th Street.*

YOGA (Judy): Gentle/Moderate - This smooth flowing practice connects mind, breath & body through moderate vinyasa-style movement. It incorporates stretching, strengthening & balance and is suitable for everyone; a gentle /moderate paced class, but easily modified for beginners to advanced practitioners. A combination of movement and stillness, designed to clear the mind and result in a relaxed state of calmness. *Location: DeCorso Center, 15 East 4th St (Tues); NP Memorial Library (Wed); Municipal Center, Room G-2 (Fri).*

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: DeCorso Center, 15 East 4th 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 & EASY TO DO". Routines feature aerobic/fitness interval training with fast & slow rhythms that tone and sculpt the body. 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. Classes begin July 12.*



2018 Fall Session begins Monday, September 10th
 Registration will be in August