

## Art, Fitness & Sports Classes

Registration opens Tuesday, December 5, 2017

Class	Instructor	Day	Time	Fee
Studio Art Workshop**	Mary Jean Canziani	Thur	10am – 12pm	\$176 (8 sessions)
Studio Art Workshop**	Mary Jean Canziani	Tues	7 – 9 pm	\$ 132 (6 sessions)
Mix It Up! Exercise*	Cyndi Giordano	Tue	7 – 8 pm	\$ 84
		Thur		\$ 84
Core Fitness*	Mike Czech	Mon	9 – 10 <u>am</u>	\$ 77
		Wed		\$ 84
		Fri		\$ 77
Early A.M. Fitness Challenge *	Mike Czech	Tues	6 – 7 <u>am</u>	\$ 84
		Thur		\$ 84
Pickleball	n/a	Wed	11:00am-12:30pm	No See NOTE
Table Tennis**	Howard Lee	Sat	3 – 4:30 pm	\$120
		Sun	3 – 4:30 pm	\$105
Tennis	n/a	Tues	11:00am-12:30pm	No fee See NOTE
Yoga	Shirley Fee	Tue	7 – 8 pm	\$ 84
		Wed		\$ 84
Yoga	Judy Parenti	Tue	6 – 7 pm	\$ 84
		Wed	9 – 10 <u>am</u>	\$ 84
		Fri	9 – 10 <u>am</u>	\$ 77
Zumba®	Donna Sukiennik	Tue	9 – 10 <u>am</u>	\$ 84

\* Special – \$ 210 for all 3 Core Fitness classes.  
 – \$150 for 2 Early A.M. Fitness Challenge or 2 Mix It Up! Exercise classes.

\*\* See Class Description for exact class dates and number of days.

**NOTE:** Non-residents may register for any program for an additional \$20 fee.

For programs with no fee, all participants must register; non-residents are subject to a \$20 fee.

### 2018 WINTER SESSION DATES

- Monday: Jan 8, 15, 22, 29; Feb 5, 12, 26; March 5, 12, 19, 26.  
Make-up: April 2 (11 sessions)
- Tuesday: Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; March 6, 13, 20, 27.  
Make-up: April 3 (12 sessions)
- Wednesday: Jan 10, 17, 24, 31; February 7, 14, 21, 28; March 7, 14, 21, 28.  
Make-up: April 4 (12 sessions)
- Thursday: Jan 11, 18, 25; Feb 1, 8, 15, 22; March 1, 8, 15, 22, 29.  
Make-up: April 5. (12 Sessions)
- Friday: Jan 12, 19, 26; Feb 2, 9, 16, 23; March 2, 9, 16, 23.  
Make-up: April 6. (11 Sessions)
- Saturday (Table Tennis): Jan 13, 20, 27; Feb 3, 24; March 3, 10, 17. (8 Sessions)
- Sunday (Table Tennis): Jan 14, 21, 28; Feb 4; March 4, 11, 18. (7 Sessions)

### Class Descriptions

**STUDIO ART WORKSHOP:** Explore techniques of creating art! You bring a willingness to try and we will provide the materials as you learn & develop skills in drawing and painting. Receive individual attention & encouragement in a peaceful, creative studio environment away from the distractions of home. Making art is like yoga for your soul! Thur daytime: Jan 25; Feb 1, 8, 15, 22; March 1, 8, 15. Tue evening: Jan 23, 30; Feb 6, 13, 20, 27. *Location: Municipal Center Art Room.*

**MIX IT UP! EXERCISE:** Class changes every week. Themes vary from body-weight training, to cardio kickboxing, abs and glutes, boot camp, HIIT (High Intensity Interval Training), and circuit training. Students will use free weights, resistance bands, exercise balls and kettlebells. \*Take this class 2 times a week & save! *Location: Tue -Municipal Center Gym; Thur- DeCorso Center, 15 E. Fourth Street.*

**CORE FITNESS:** A varied and complete workout including dumbbell and body-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 & save! *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 level; all levels are welcome. Take this class 2 times a week & save! *Location: Municipal Center Gym.*

**PICKLEBALL:** One of the fastest growing sports! Informal pickup games with equipment provided. All levels welcome! *Location: Municipal Center Gym.*

**TABLE TENNIS:** Learn rules, strokes, footwork and speed. Paddles supplied. Class size limited to 6-7 participants. *Location: DeCorso Center, 15 E. Fourth Street.*

**TENNIS:** Informal pickup games. Play moves indoors with low compression balls. Bring your own racquet. All levels welcome! *Location: Municipal Center Gym.*

**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. A combination of movement and stillness, designed to clear the mind and result in a relaxed state of calmness. *Municipal Center 3<sup>rd</sup> Floor or DeCorso Center, 15 E. Fourth Street.*

**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 alignment (with use of props as needed) and breath. *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 & 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! Perfect for all levels and all ages! No experience necessary. *Location: Municipal Center Gym.*

