

Fitness, Sports & Art

Registration opens December 4, 2018



Class	Instructor	Day	Time	Fee
Basketball for Men	n/a	Wed	8:30– 10 pm	No fee See NOTE
Early A.M. Fitness Challenge	Mike Czech	Tues	6 – 7 am	\$91
		Thur		\$91
Mix It Up! Exercise	Cyndi Giordano	Tue	7 – 8 pm	\$91
Pickleball	n/a	Wed	11:00 am - 12:30 pm	No fee See NOTE
Studio Art Workshop	Mary Jean Canziani	Thur	10am – Noon	\$154/session*
		Tues	7 – 9 pm	\$154/session*
Table Tennis	Howard Lee	Fri	8 – 9:30 pm	\$135
		Sat	8 – 9:30 am	\$135
Tennis	n/a	Tues	11:00 am - 12:30 pm	No fee See NOTE
Yoga	Judy Parenti	Tue	6 – 7 pm	\$91
	Francoise Owarish-Gross		7 – 8 pm	\$91
	Judy	Wed	9 – 10 am	\$91
	Francoise		7 – 8 pm	\$91
	Judy		9 – 10 am	\$91
Zumba	Donna Sukiennik	Tue	9 – 10 am	\$91

NOTE: Program is FREE for residents. Non-residents may register for an additional \$20 fee/program or session.

* Save by signing up for BOTH sessions of Studio Art for \$286.

Register through www.newprov.org/recreation. Follow on-line *CommunityPass* link and choose "2019 Adult Winter".

2019 ADULT WINTER SESSION DATES

Tuesdays: Jan 8, 15, 22, 29; Feb 5, 12, 19, 26; Mar 5, 12, 19, 26. Make up Apr 2

Art Session I - Jan 8, 15, 22, 29; Feb 5, 12 (6 classes)

Art Session II – Feb 19, 26; Mar 5, 12, 19, 26 (6 classes)

Wednesdays: Jan 9, 16, 23, 30; Feb 6, 13, 20, 27; Mar 6, 13, 20, 27. Make up Apr 3

Thursdays: Jan 10, 17, 24, 31; Feb 7, 14, 21, 28; Mar 7, 14, 21, 28. Make up Apr 4

Art Session I - Jan 10, 17, 24, 31; Feb 7, 14 (6 classes)

Art Session II - Feb 21, 28; Mar 7, 14, 21, 28 (6 classes)

Fridays: Jan 11, 18, 25; Feb 1, 8, 15, 22; Mar 1, 8, 15, 22, 29. Make up Apr 5

Friday Table Tennis: Jan 11, 18, 25; Feb 1, 8, 22; Mar 1, 8.

Saturdays Table Tennis: Jan 12, 26; Feb 2, 9; Mar 2, 9, 23, 30.

Class Descriptions

BASKETBALL for MEN: Informal pick-up games. *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 indoors during cold months & moves outdoors in Spring. *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. All levels of fitness are welcome! *Location: Municipal Center Gym.*

PICKLEBALL: Informal pickup games with equipment provided. Held indoors during cold months. All levels 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.*

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

TENNIS: Informal pickup games. Season held indoors with low compression balls in Municipal Gym. 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. *Location: DeCorso Center 15 E. Fourth Street, Municipal Center Room G-, or New Providence Memorial Library.*

YOGA (Francoise): 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: Perfect for all levels and all ages! 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! No experience necessary. *Location: Municipal Center Gym.*

