

Fitness, Art & Sports Programs

Registration opens March 5, 2019



Class	Instructor	Day	Time	Fee
Badminton*	n/a	Fri (3/8, 15, 22, 29; 5/3, 17) Mon (6/3, 17, 24)	7 – 10 pm	No fee See NOTE
Basketball for Men 30+	n/a	Wed	8:30–10pm	No fee See NOTE
Early A.M. Fitness Challenge	Mike Czech	Tues	6 – 7 am	\$77
Pickleball	n/a	Wed	See description	No fee See NOTE
Adult Soccer	n/a	Wed	9 – 11 am	No fee See NOTE
Studio Art Workshop	Mary Jean Canziani	Tues	7 – 9 pm	\$176
		Th	10 am - Noon	\$132
Table Tennis	Howard Lee	Fri	7 – 9:30 pm	\$105
		Sat	8 - 9:30 am	\$120
Tennis - Ladies Foundation	USSI	Fri	9:30 – 10:30	\$169
		Fri	10:30 – 11:30	\$169
		Sat	8 – 9 am	\$169
Tennis	n/a	Tues	11:00 am-12:30 pm	No fee See NOTE
Yoga	Judy	Tues	6 – 7 pm	\$70
	Francoise		7 – 8 pm	\$70
	Judy	Wed	9 – 10 am	\$77
	Francoise		7 – 8 pm	\$84
	Judy		Fri	9 – 10 am
Volleyball	n/a	Mon	7:30-9:00pm	No fee See NOTE
Zumba®	Donna	Tue	9 – 10 am	\$77

Class Descriptions

BADMINTON: Build badminton skill through match play. All skill levels are welcome; equipment supplied. Friday/Monday evenings. *Location: Municipal Center Gym.*

BASKETBALL for MEN 30+: Informal pick-up games. All players must register. *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 and energy. All levels are welcome! Class indoors during cold months and moves outdoors in spring. *Location: NPHS Track; NP Municipal Center Gym (rain location).*

PICKLEBALL: Informal pickup games with equipment provided. Season starts indoors and moves outdoors in warmer weather. All levels welcome! *Location: Municipal Gym/ Municipal Tennis Courts.*

ADULT SOCCER: Enjoy a more leisurely & measured paced scrimmage which helps promote cardio-vascular fitness while producing less stress on the body. A great way for adults to socialize while getting exercise! Attire: Non-metal soccer shoes, a white and a blue (or dark shirt). *Location: Reduced sized artificial turf field at Oakwood Park. Please park @ 1 Roessner Place.*

STUDIO ART WORKSHOP: Explore techniques of creating art! We will provide the materials as you learn and develop skills in drawing and painting. Receive individual attention in a peaceful, creative studio environment. Our instructor and fellow students give support and encouragement to those with all levels of experience, including beginners. *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 -LADIES FOUNDATION: Designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill including stroke technique, serving, court awareness, and rallying. Players provide their own racquet. *Location: Municipal Tennis Courts.*

TENNIS: Informal pickup games. Season starts indoors with low compression balls and moves outdoors in warmer weather at 9-10:30am. Players provide their own racquet. All levels welcome! *Location: Municipal Gym/ Municipal Tennis Courts.*

YOGA (Judy Parenti): 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 Rm G-2 or New Providence Memorial Library.*

YOGA (Francoise Owarish-Gross): 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.*

WOMEN'S OPEN GYM VOLLEYBALL: (Women Ages 18+): Fun, informal scrimmages. Registration required. *Location: New Providence HS/MS Gym.*

ZUMBA (Donna Sukiennik): 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.*

ALL participants must register regardless of fee or no fee.

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

Register @ www.newprov.org/recreation; link to CommunityPass ... "2019 Adult Spring".



2019 SPRING SESSION DATES

Program dates & descriptions are listed under the "details" link in CommunityPass as well as on your registration receipt.