

Fitness & Art Classes

Registration opens Tuesday, August 13, 2019



Class	Instructor	Day	Time	Fee	Min*
Early A.M. Fitness Challenge	Mike	Tues	6 – 7 am	\$112	7
		Thur		\$128	7
Studio Art Workshop	Mary Jean	Tues	7 – 9 pm	\$308	5
		Thur	10am – 12pm	\$286	5
Yoga	Judy	Tue	6 – 7 pm	\$112	6
	Francoise		7 – 8 pm	\$112	6
	Judy	Wed	9 – 10 am	\$112	6
	Francoise		7 – 8 pm	\$112	6
	Judy	Fri	9 – 10 am	\$128	6
Zumba®	Donna	Tue	9 – 10 am	\$112	6

Class Descriptions

EARLY A.M. FITNESS CHALLENGE: A full body strengthening, high intensity cardiovascular exercise class to push you to work hard and achieve results. Start your day right with a fat-burning and inspiring workout meant to help you lose weight, maintain muscle and prevent injury! All levels are welcome! Class begins outdoors during early fall and moves indoors in later months or inclement weather. *Location: NPHS Track or Municipal Center Gym.*

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. 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. *Location: Municipal Center Art Room.*

YOGA (Judy): Gentle/Moderate - This smooth flowing practice connects mind, breath and body through moderate vinyasa-style movement. Stretching, strengthening and 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): This class is suited for all. 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. 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.*

***Required minimum participants in order for the class to run**

Link to CommunityPass online registration at www.newprov.org/recreation. Once logged in, click on "Browse Activities" and then choose "2019 Adult Fall".

Class dates are listed on your registration receipt.

(Tuesdays, Wednesdays, – 14 Sessions;
 Thursdays, Fridays – 16 Sessions; Thurs. Art Studio – 12 Sessions)

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

WAITLIST INFO: If you sign up in the first week for a class and are placed on a Waitlist, do not panic – it is likely the class is not full. Certain programs have had low registration numbers in the past - instead of charging you for the class, cancelling it, and then crediting your CommunityPass account, the Waitlist option (where you will not be charged) is used. You will be notified VIA EMAIL if the class is going to run with instructions to complete the sign-up process.



Please see our **2019 Adult Fall Session "Sports Programs" flyer for information on badminton, men's basketball, senior soccer, table tennis, and tennis!**