

Fitness & Art Classes

Registration opens Tuesday, Feb 25, 2020



Class	Instructor	Day	Time	Fee	Min*
Studio Art Workshop	Mary Jean	Tues	7 – 9 pm	\$242	5
		Thur	10am – 12pm	\$242	5
Yoga	Judy	Tues	6 – 7 pm	\$96	5
	Judy		9:10 – 10:10 am	\$96	5
	Francoise	Wed	7 – 8 pm	\$96	5
	Judy	Fri	9 – 10 am	\$88	5
NEW! Zumba® Toning	Donna	Tue	9 – 10 am	\$96	5

Class Descriptions

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. (11 Classes)*

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. (Tuesday, Wednesday – 12 Classes, Friday – 11 Classes)*

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. (Wednesday – 12 Classes)*

NEW! ZUMBA®TONING: A specialty class that combines moving to the Latin-infused Zumba music with targeted body-sculpting exercises. Focusing on toning arms, core, gluts and legs, participants use toning sticks or light weight dumbbells for light strength-training with less high intensity dance fitness. Adding resistance to movement works every muscle group while you groove to the music! *Location: Municipal Center Gym. (Tuesday – 12 Classes)*

***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 "2020 Adult Spring".

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

Class dates are listed on your registration receipt.

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. This option is used for new classes and programs that 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 (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 **2020 Adult Spring Session "Sports Programs" flyer for information on badminton, men's basketball, adult soccer, table tennis, and tennis!**

2020 Adult Summer will run in July and August.