

The Jefferson Township Recreation Department's
Adult Exercise Programs for the WINTER 2020 season
REGISTRATION IS OPEN



JUST DO IT WITH JEFFERSON REC!

The **WINTER 2020 BEGINNER/MIXED LEVEL YOGA Class session** will begin on **Wednesday, January 8 and end on March 18 starting at 7:30 to 8:30 pm for an 11-week session (with a make-up class on March 25 if needed)**. Students will be instructed in one of the oldest styles of yoga -- the Hatha style by certified instructor Linda Mangan. Learn yoga postures, principles of safe alignment, and breathing technique -- open to new beginners, those with limited yoga experience, or anyone just wanting to take it slow and steady. While doing these gentle poses, you'll naturally increase flexibility, release tension, and build mental clarity. All classes will be held in the Jefferson Township Middle School Cafeteria (can be moved to the gym at the discretion of the school that day), 1000 Weldon Road, Oak Ridge for \$38.50 per person. There is a minimum of 15 persons per class with a maximum of 30 for each yoga session. All students should bring a yoga mat, yoga blocks (optional), and a bottle of water to each session.

The **WINTER 2020 MIXED LEVEL YOGA CLASS session** will begin on **Thursday, January 9 and end on March 19 starting at 7:30 pm to 8:30 pm for an 11-week session (with a make-up date of March 26 if needed)**. Students will be instructed in one of the oldest styles of yoga -- the Hatha style by certified instructor Linda Mangan. A comprehensive, balanced class with a steady and relaxed flow will be offered in this Intermediate Class is held in the Jefferson Township Middle School Cafeteria (can be moved to the gym at the discretion of the school that day), 1000 Weldon Road, Oak Ridge at \$38.50 per person. Explore traditional yoga postures with basic to challenging options, and emphasis on safe alignment, breath, meditation, and guided relaxation techniques. There is a minimum of 15 persons per class with a maximum of 30 for each yoga session. All students should bring a yoga mat, yoga blocks (optional), and a bottle of water to each session.

The **2020 WINTER CHAIR YOGA program** will begin on **Wednesday, January 8 and end on March 18 starting at 6 to 7 pm for an 11-week session (with a make-up date of March 25 if needed)**. Students will be instructed by certified instructor Linda Mangan in this very gentle class in the Camp Jefferson Community Lodge, 81 Weldon Road, Lake Hopatcong for \$38.50 per person. Learn modified yoga postures incorporating the same principles as a full yoga class but seated in a chair focusing on breathing techniques and stress management tools such as meditation and deep relaxation.

The **2020 WINTER session** of its high energy, low-impact adult **CORE** strength training exercise program will begin with a 12-week session **on Tuesday, January 7 from 7 to 7:45 pm continuing on consecutive Tuesdays with the last class on March 24 with a make-up class on March 31**. Classes are in the Jefferson Township Middle School Cafeteria (can be moved to the gym at the discretion of the school that night), 1000 Weldon Road, Oak Ridge, and the class fee is \$42. Taught by Certified Personal Trainer, Pilates Instructor, Yoga Teacher, Indoor Cycling, Golden Hearts Instructor Jill Carlson, this strength class will help you gain an understanding of flexibility, balance, coordination and not only isolated exercise but a concentration on functional exercise, which not only builds strength but makes it easier to carry out your everyday daily activities. Jill's challenge will change you! A minimum of 15 people/maximum of 30 people is required to run each class. Participants should bring a bottle of water, a challenging set of hand weights, and a mat or large towel for the floor exercises.

The **2020 WINTER ZUMBA® classes** will begin on **Thursday, January 9 and end on March 19 from 6:15 to 7 pm with 11 sessions (with a make-up date of March 26 if needed)** for a session fee of \$38.50. Classes are held in the Jefferson Township Middle School cafeteria (but can be moved to the gym at the discretion of the school that night), 1000 Weldon Road, Milton/Oak Ridge, NJ. The class is taught by Certified Zumba Fitness Instructor Yesenia Centeno. Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. The Latin and World rhythms take over – it's exercise in disguise! Zumba® is a total workout, combining all elements of

fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you attend a class. There is a minimum of 15 persons per class with a maximum of 30; and all students should wear comfortable clothing and bring a bottle of water to each session.

This **2020 WINTER CARDIO KICKBOXING** session will begin on **Wednesday, January 8 starting at 7:30 until 8:15 pm and run for 10 weeks ending March 11 (with a make-up date on March 18 if needed)** in The Community Lodge at Camp Jefferson, 81 Weldon Road, Lake Hopatcong. This high-energy class features cardio kickboxing combos and body-sculpting dance moves choreographed to the hottest music mixes. This class will be taught by Sarah Langan, a health, fitness and nutrition coach who is currently getting her certified personal trainer certificate. The winter session fee will be \$35 per person. The minimum class size is 15 with a maximum class size of 30. Participants should bring a bottle of water and a towel to each class.

The **2020 WINTER PiYo** exercise class session will begin on **Tuesday, January 7 starting at 8 pm until 8:45 pm and run for 9 weeks ending on March 10 (with a make-up class on March 17 if needed)**. Classes held in The Jefferson Township Middle School Cafeteria (can be moved to the gym at the discretion of the school that night), 1000 Weldon Road, Oak Ridge. The session fee will be \$31.50 per person. Come sweat, stretch and strengthen with this all in one workout that is a low impact, high-intensity fusion of Pilates and Yoga by Sarah Langan, the minimum class size is 15 with a maximum class size of 30. Participants should bring a mat, a bottle of water and a towel to each class, shoes are optional.

REGISTRATION IS ONLINE

Log on to <https://register.communitypass.net> and if you already have an existing account, sign in or follow the prompts to set up your own personal account through the Jefferson Township community. In either case, chose "**2020 ADULT EXERCISE CLASSES**" as the season to register for any of these WINTER exercise classes.

As with any online shopping site, everything in your cart is payable immediately. Full payment of all items in your cart can be made online at checkout with a MC, VISA, or Discover credit card subject to a 2.65% bank convenience fee. Or choose to "Send Payment" at checkout and then drop off a check, cash, or money order to the JT Recreation Dept. office at Camp Jefferson, 81 Weldon Road, Lake Hopatcong, NJ 07849 within 3 business days. Or mail a check to the office postmarked the day of your registration or the next business day -- do not mail cash. If full payment is not received in the office within 3 business days of registration, your registration can be cancelled.

If you experience difficulty in registering online, you can log on to www.jeffersontownship.net, click on the "Form Center" link on the left side of the home page, and scroll down to the Recreation Department to find "Community Pass Online Registration Instructions" with step-by-step directions. If you still need assistance, please contact the Recreation office at 973-663-8404 x4 or cpunturieri@jeffersontownship.net for assistance.