

# SPRING 2026 ADULT PROGRAMS

Season Runs March - June 2026

**REGISTRATION OPENS  
TUESDAY, JANUARY 27, AT 9:00AM**

Non-Resident Registration:

Tuesday, February 17, 2025 at 9:00AM

*Non-residents may register for an additional \$20 fee per program, space permitting.*

TO REGISTER AND FOR THE MOST CURRENT INFORMATION,  
GO TO: [WWW.NEWPROM.US/RECREATION](http://WWW.NEWPROM.US/RECREATION)

**PLEASE SIGN UP EARLY**  
THERE IS A POINT AT WHICH PROGRAMS MUST BE  
CANCELLED IF THERE IS INSUFFICIENT ENROLLMENT.

# FITNESS

Class	Instructor	Day	Time	Fee
Vinyasa Yoga	Judy Parenti	Mon	9 - 10am	\$156
		Tues	6 - 7pm	\$169
		Wed	9 - 10am	\$169
		Fri	9 - 10am	\$156
		Mon	12:30 - 1:30pm	\$156
Reiki Meditation	Maria Wachtel	Tues	10:15 - 11:15am	\$169
Yin Yoga		Thurs	10:30 - 11:30am	
		Tues	7 - 8pm	\$156
Gentle Yoga	Judy Parenti	Wed	6 - 7pm	\$156
Men's Yoga			7 - 8pm	
Hatha Yoga	Maria Wachtel	Thurs	1:30 - 2:30pm	\$156
Fitness Bootcamp	Debra Karrat	Tues	8 - 8:45am	\$117
		Thurs		

**Bootcamp is in the Municipal Center Gym.**

**All other classes are held in the Municipal Center Lincoln Studio (ground floor).**

**Please bring a mat.**

## CLASS DESCRIPTIONS

**YOGA:** Gentle/Moderate-vinyasa-style. Stretching, strengthening, and balance suitable for everyone. Easily modified for beginners to advanced.

Mon: March 9, 16, 23, 30; April 13, 20, 27; May 4, 11, 18; June 1, 8  
 Tues: March 10, 17, 24, 31; April 14, 21, 28; May 5, 12, 19, 26; June 2, 9  
 Wed: March 11, 18, 25; April 1, 15, 22, 29; May 6, 13, 20, 27; June 3, 10  
 Fri: March 13, 20, 27; April 17, 24; May 1, 8, 15, 22, 29; June 5, 12

**REIKI MEDITATION:** Combining mindfulness with the healing energy of Reiki. The Reiki practitioner focuses on channeling and directing Reiki energy by placing hands on the body. Reiki promotes deep relaxation and emotional release.

Mon: March 9, 16, 23, 30; April 13, 20, 27; May 4, 11, 18; June 1, 8

**YIN YOGA (DEEP STRETCH):** Release stress and tension while increasing flexibility and range of motion. Yin yoga is for the joints and soft tissues. Poses are held for longer periods often while seated or laying down. No experience or flexibility required.

Tues: March 10, 17, 24, 31; April 14, 21, 28; May 5, 12, 19, 26; June 2, 9  
 Thurs: March 12, 19, 26; April 2, 16, 23, 30; May 7, 14, 21, 28; June 4, 11

**YOGA WIND-DOWN (with Yoga Nidra):** Begin with slow, soothing, stretches, and breath work to release tension, then transition into a guided yoga Nidra meditation~ deep yoga, rest that supports healing, sleep, and inner calm. Ideal before bedtime. All levels.

Tues: March 10, 17, 24, 31; April 14, 21, 28; May 5, 12, 19, 26; June 2, 9

**GENTLE YOGA (for Stress Relief):** A blend of slow movement, deep stretches and focused breathing to release tension and quiet the mind. This practice creates space to unwind, restore balance, and cultivate a sense of ease. All levels.

Wed: March 11, 18, 25; April 15, 22, 29; May 6, 13, 20, 27; June 3, 10

**MEN'S YOGA:** The benefits of this class are core strength, flexibility, cardiovascular health, focus, clarity, and stress management. Yoga complements all types of sports and helps prevent injuries.

Wed: March 11, 18, 25; April 15, 22, 29; May 6, 13, 20, 27; June 3, 10

**HATHA YOGA:** Focus on breathwork and alignment while holding poses. Hatha is a nice foundational yoga that will help increase strength, flexibility and balance.

Thurs: March 12, 19, 26; April 16, 23, 30; May 7, 14, 21, 28; June 4, 11

**FITNESS BOOTCAMP:** Get a high-intensity workout in a motivating and supportive environment. Combining strength, cardio, and interval training, this is a comprehensive, fun, and engaging fitness experience.

Tues: March 10, 17, 24, 31; April 14, 21, 28; May 5, 12.

Thurs: March 12, 19, 26; April 2, 16, 23, 30; May 7, 14.

Link to CommunityPass online registration at [www.newprov.us/recreation](http://www.newprov.us/recreation).  
 Once logged in, click on "View Programs and Register"  
 and then choose "2026 Adult Spring".

## SPORTS & GAMES

Class	Instructor	Day	Time	Fee
Badminton	n/a	Thurs	8 - 10pm	\$96
Basketball for Men 30+	n/a	Wed	8 - 10pm	\$96
Pickleball Open Play	n/a	Mon	Intermediate 9 - 10:15am	\$96
		Tues	Intermediate 10:15 - 11:30am	\$96
		Thurs	Intermediate 6:15 - 7:30pm	\$96
			Intermediate 7:30 - 8:45pm	\$104
Ladies Foundation Tennis	USSI	Sat	8 - 9am	\$195
Open Play Mahjong	n/a	Wed	7 - 9pm	\$56

### CLASS DESCRIPTIONS

**BADMINTON:** Build badminton skill through match play. All skill levels are welcome.

Thurs: March 12, 19, 26; April 16, 23, 30; May 7, 14, 21, 28; June 4, 11

**BASKETBALL for MEN 30+:** Informal pick-up games. Wed: March 11, 18, 25; April 15, 22, 29; May 6, 13, 20, 27; June 3, 10

**PICKLEBALL OPEN PLAY:** (Adv Beginner, Intermediate): Advanced Beginners have basic game knowledge and a need for more experience. Intermediate players have a strong comprehension of game tactics and consistency in play. Equipment provided.

Mon: March 9, 16, 23, 30; April 13, 20, 27; May 4, 11, 18; June 1, 8  
 Tues: March 10, 17, 24, 31; April 14, 21, 28; May 5, 12, 19, 26; June 9

Thurs: March 12, 19, 26; April 2, 9, 16, 23, 30; May 7, 14, 21, 28; June 4, 11

*The programs above take place in the Municipal Center Gym.*

**LADIES FOUNDATION TENNIS:** Designed to introduce beginners and those with some experience to the fundamentals of tennis. Each session will focus on a specific skill. Bring your own racquet.  
 Sat: April 18, 25; May 2, 9, 16, 30; June 6, 13.

*Tennis classes take place at Municipal Tennis Courts, 1378 Springfield Ave.*

**OPEN PLAY MAHJONG:** Let's Play Mahjong! Peer-led, open play. For those with at least some experience.  
 Wed: March 11, 18, 25; April 15, 22, 29; May 6.

*Mahjong takes place at the DeCorso Center, 15 E. 4<sup>th</sup> Street.*