

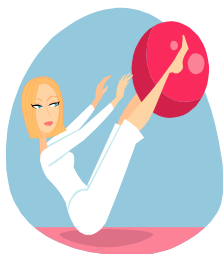
## Morris Plains Recreation Programs - Spring 2009



**Tai Chi with Gary Carbone** Monday Evenings, 8-9PM at the Community Center. Tai Chi is sometimes called "Movement Meditation". This class will incorporate movements that are practiced slowly as the students learn to integrate internal and external energies into a smooth and flowing whole. Fee: \$109. Begins: February 23<sup>rd</sup>. Class dates: February 23, March 2, 9, 16, 23, 30, April 6, 13, 20, 27 & May 4, 11, 18.



**Yoga with Peg Clark** Tuesday Evenings, 7:30PM - 8:30PM at the Community Center. Yoga is a system of deep stretching postures that tone and align the body for smooth and efficient functioning. Deep relaxation methods are also introduced. Fee: \$109. Begins: February 24<sup>th</sup>. Class dates: February 24<sup>th</sup>, March 3, 10, 17, 24, 31, April 7, 14, 21, 28, and May 5, 12, 19.



**Pilates with Val Shandlay** Wednesday Mornings, 9:30AM - 10:30AM at the Community Center. Focus on strengthening the core muscles of the body and increase flexibility to build a strong functional body and better posture. Fee: \$109. Begins: February 25<sup>th</sup>. Class dates: February 25<sup>th</sup>, March 4, 11, 18, 25, April 1, 8, 15, 22, 29 and May 6, 13, 20.



**Zumba with Alison Jackson** Wednesday Evenings, 7:30PM - 8:30PM at the Community Center. Zumba has become one of the fastest-growing, dance-based fitness crazes in the country! People of all ages are falling in love with the infectious music, easy to follow dance moves and the body beautifying benefits for all levels of ability. Fee: \$109. Begins: February 25<sup>th</sup>. Class dates: February 25<sup>th</sup>, March 4, 11, 18, 25, April 1, 8, 15, 22, 29 and May 6, 13, 20.



**Adult Tap Class with Deann Carroll** Thursday Evenings, 7:00PM - 8:00PM at the Community Center. Come and get fit while learning basic tap dance movement. Dust off those old tap shoes and tone up. Fee: \$109. Begins: February 26<sup>th</sup>. Class dates: February 26<sup>th</sup>, March 5, 12, 19, 26, April 2, 9, 16, 23, 30 and May 7, 14, 21.



**Cooking with Kids with Sheryl McNichol**

Thursday Evenings 6:30PM - 7:30PM

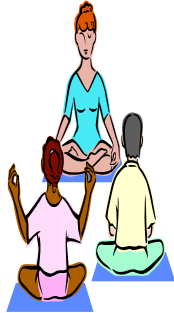
Enjoy making simple, healthy snacks while having fun in the kitchen! Ages: Gr. 1 - Age 10

Session 1: Thursday, March 12<sup>th</sup>, St. Patrick's Day Sweet Shamrocks

Session 2: Thursday, April 2<sup>nd</sup>, Spring Time! Sweet Sushi (not really fish!)

Session 3: Thursday, April 30<sup>th</sup>, Cinco de Mayo Dessert Nachos

Session 4: Thursday, June 4<sup>th</sup>, Beach Party Summer Berry Trifle Fee: \$20/Session



**Yoga for Children with Romanna Reda**

Tuesday Mornings, 11:50AM-12:50PM at the

Community Center. Children derive enormous benefits from yoga. This yoga class is geared toward helping children develop better body awareness, self-control, flexibility and coordination. Explore yoga poses, yoga stories, breathing exercises and relaxation techniques in order to enable an improved sense of concentration and calmness. Fee: \$53. Begins: February 24<sup>th</sup>. Class dates: February 24<sup>th</sup>, March 3, 10, 17, 24, 31



**Adult Beginner Vinyasa Yoga with Romanna Reda**

Thursday Mornings, 10:30AM-

11:30AM at the Community Center The class is geared towards those who are new to yoga. A focus on alignment and breath are featured and an understanding of basic yoga philosophy will also be introduced. This dynamic class focuses on movement and breath to bring forth a "flow" of postures. The body is in motion much of the class. The class will consist of Sun Salutations, standing and seated poses, as well as back bending and inversions. Fee: \$109. Begins: February 26<sup>th</sup>. Class dates: February 26<sup>th</sup>, March 5, 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14, 21.



**Senior Bingo**

Join us alternating Thursday Afternoons, beginning January 15<sup>th</sup>, from 1PM - 3 PM at the Community Center. Play Bingo! Win Prizes! Enjoy Refreshments! Have Fun!



**Morris Plains Book Group with Charlott Lamm**

Meets the last Wednesday of each

month at 7:00PM at the Community Center. Check the website for the current book being discussed. No fee. Dates are 1/28, 2/25, 3/25, 4/29, 5, 27, 6/24



**Adult Knitting with Kay Johnston**

Wednesday Evenings, 7:00PM to 9:00PM at the

Community Center. Come and knit with the best! Problems with a knitting project? Bring it in and get some help! No Fee.

Registration for classes must be made at least ten days before the first class begins. Refunds issued only when class is cancelled by Morris Plains Recreation Department. For more information: 973-538-3455.