

SPRING 2022 ADULT PROGRAMS (18-54 years)

Most programs will run for 8 weeks beginning the week of April 18, 2022.

Creative Watercolor- This fun painting class allows students to work with both basic and experimental techniques to explore the breadth of watercolor and cultivate the pleasures of the medium. **Tuesdays or Thursdays** 2:00-3:30 p.m., Rodda Center. \$85 (residents) \$130 (non-residents). 8 weeks.

Pottery with Judi- Adults will learn, improve, and/or reacquaint themselves with the basic techniques of working with clay, i.e., hand-building, pinching, coiling, slab work, and glazing. They will enjoy creating functional and sculptural pieces of pottery. **Wednesdays or Thursdays** 10:30a.m. - 12:00 p.m. Rodda Center. \$85 (residents) \$130 (non-residents). 8 weeks.

Yoga with Carol- This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with stretching. **Tuesdays**, 6:30-7:15p.m., Rodda Center, \$85 (residents) \$130 (non-residents). 8 weeks.

Zumba- A Latin-inspired dance fitness program that incorporates a blend of international music and contagious dance steps to form a fitness party at each class. **Mondays**, 7:00-7:45p.m. or **Thursdays**, 6:30-7:15p.m. Rodda Center, \$85 (residents) \$130 (non-residents). 8 weeks.

Zumba Toning- This fun dance class combines targeted body-sculpting exercises with high-energy cardio and Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party! Students learn how to use light weights to enhance rhythm and tone all their target zones including arms, abs, and thighs. **Thursdays**, 7:30-8:15p.m., Rodda Center. \$85 (residents) \$130 (non-residents). 8 weeks.

To register for any of these classes, complete the separate [Spring](#) registration form or individual class flyers and submit along with the required documentation to the:

**Recreation Office
Richard Rodda Center
250 Colonial Court
Teaneck, NJ 07666**

**If you have any questions, please call or email us at
(201) 837-7130 or recreation@teanecknj.gov.**