

WINTER 2023 ADULT PROGRAMS (AGES 18 TO 54 YEARS)

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. **Thursdays**, 2:00-3:30p.m. Rodda Center. \$85 (residents) \$130 (non-residents). 8 weeks. **All supplies will be provided.**

Indoor Tennis- will be offered on **Wednesdays**, 5:00-5:55 p.m. for adults ages 18—54. Rodda Center. \$80 (residents) \$120 (non-residents). 5 weeks. **Please bring your own tennis racquet to class; loaner racquets will be available (if needed).**

Pottery with Judi– this program gives adults the opportunity for creative expression by exploring the ancient art of pottery. Students will learn, improve, or reacquaint themselves with the basic techniques of working with clay and hone skills: pinching, coiling, slab work, and glazing. **Wednesdays or Thursdays**, 10:30a.m.-12:00p.m. Rodda Center. \$85 (residents) \$130 (non-residents). 8 weeks. **All supplies will be provided.**

Yoga with Carol– This class serves as excellent stress relief involving a series of both moving and stationary poses, combined with deep breathing. **Wednesdays**, 7:00-7:45 p.m. Rodda Center, \$85 (residents) \$130 (non-residents). 8 weeks. **Please bring a yoga mat to every class.**

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. **Please wear comfortable clothing and bring a water bottle to class.**

Zumba Toning– This fun dance class combines targeted body-sculpting exercises with high-energy cardio work and Latin-infused Zumba moves to create a calorie-torching, strength training dance fitness party! Students learn to incorporate 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. **Please bring a water bottle and your own light weights to class.**

*To register for any of these classes, please complete the separate **Winter** 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 contact us at
(201) 837-7130 or recreation@teanecknj.gov.*