

YOUTH PROGRAMS

Residents can begin registering on January 4 and non-residents begin on January 9. Non-Residents can register for all Recreation Dept. Programs for an additional \$10 fee. We accept cash, check or money order. Make checks payable to "Twp. of Gloucester" except where noted; two separate checks/money orders are necessary.

BEGINNER SEWING

Thursdays: January 26; Last class March 16 8 Weeks
6:30 - 8:00pm Held at Recreation Center
Cost: \$90. to Rebekah Pyles/\$10. to Glo. Twp.

Let's start with the Basics! We will cover how to operate your sewing machine, pinning, cutting, and sewing terms. You will accomplish small projects that reinforce skills you are learning. All class materials are included in the cost of the class. Open to those 10 years old to adult. Please bring your machine.



PRESCHOOL PLAYTIME

Fridays: January 20; Last Class March 24 10 Weeks
10am-12 noon Held at Point Ariel Park
\$115 to Amy Mazakas/\$10. to Glo. Twp.

Designed for children 3 1/2-5 years old. This class will focus on your child's creativity through a variety of crafts, music and play. This class is based on engaging your child in fun and creative ways of learning. Each week there will be a new and exciting theme to explore. Children must be potty-trained. Please provide a snack.



SOCCER SHOTS

Thursdays: January 26; Last class March 2 6 Weeks
Cost: \$72 to Soccer Shots/\$10 to Glo. Twp.
Held at Rec Center

Soccer Shots is a national leader in youth soccer development for young children. Our program has been created under the guidance of childhood education specialists, professional soccer players and experienced coaches. Our innovative lesson plans are developmentally appropriate and tailored specifically to the age groups we teach. Using these creative and age appropriate curricula and infusing each lesson plan with enthusiasm and structured activity, soccer shots aims to leave a lasting, positive impact on every child we serve.

Mini Program Ages 2-3 6:00 - 6:30pm
Classic Program Ages 3-4 6:40 - 7:10pm

KIDDING AROUND YOGA WITH MARIE

Fridays: January 27; Last class March 3 6 Weeks
4:45-5:45pm Held at Still Point Yoga Center
Cost: \$45 to Still Point Yoga Center/\$10 to Glo. Twp.

This yoga class is designed for kids to learn yoga in a playful way that fosters creativity and builds confidence, focus, and cooperation. Children will learn yoga poses, sing songs, listen to stories, and relax together, mastering the art of being a kid, in this uplifting, non competitive and fun environment. Studio supplies mats. Open to children ages 4-12.

ADULT PROGRAMS

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INTERMEDIATE SEWING CLASS

Mondays: January 25; Last class March 21 8 Weeks
7:30 - 9:30pm Held at GT Recreation Center
Cost: \$100. to Rebekah Pyles/\$10. to Glo. Twp.

Dust off your sewing machine and get inspired! Sewing class for those who know how to operate a sewing machine independently, taught by a full time seamstress. This class will give you the confidence you need to accomplish your projects. The first two weeks we will work on a group project. The remainder of the class you can choose projects to work at your own pace and level. In this laid back atmosphere bring out your creativity and meet other sewers. Please bring your machine. Open to 14 years through adult. No class 2/20.

ZUMBA

Mondays: January 23; Last class March 20 8 Weeks
7:45 - 8:45pm Held at the GT Rec Center
\$40 to S. Kirkwood/\$10 to Glo. Twp.

Zumba fuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast & slow rhythms & resistance training are combined to tone & sculpt your body while burning fat. Add some Latin flavor & international zest into the mix and you've got Zumba®! Good for all fitness levels. Please bring water and a towel. Ditch the workout and Join the Party! No class 2/20.

5K RUNNING PROGRAM

Mon./Wed.: February 1; Last Class April 5 10 Weeks
6:30pm-7:30pm Held at GT Recreation Center
Cost: \$90. to Mario Sergi/\$10. to Glo. Twp.

Start the new year on the right foot. Join us as we train to run the 21st Anniversary Gloucester Twp 5k. Feel the sense of accomplishment finishing a race can bring. We will take you step by step from a bystander to the finish line. As a bonus you will be well on your way to a healthier lifestyle and a love of running. Don't forget your good, supportive running shoes and a water bottle. Let's improve one step at a time. Open to adults and will meet twice a week at the Rec Center or Veterans' Park (weather permitting). Come out and be a part of Team Mario! You must enter the GT 5K race on your own. GT 5 K is Saturday, April 8th. No Class 2/20.



**Get fit
 with
 GT Rec!**

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PILATES BARRE AND MAT

Mondays: January 23, Last class April 3 10 Weeks
6:30 - 7:30pm Held at Point Ariel Park
Cost: \$50. to A. Davis/\$10. to Glo. Twp.

Get the best of 2 Pilates workouts! First part of class, enjoy Chair Barre, a combination of standing Pilates and ballet moves. This part can be done with sneakers if you have any foot injuries or balance issues. Then onto our mat Pilates workout for strengthening and toning your core and body. Good for any fitness level. Instructor will be providing bands and handled resistance tubing for you to use during class times. Please bring a mat, water & a set of light weights. Open to HS students and adults. No class 2/20.

YOGA & MEDITATION FOR EVERYONE WITH JOANNE

Tuesday: January 24; Last class March 14 8 Weeks
9:30-10:45am Held at Still Point Yoga Center
Cost: \$60 to Still Point Yoga Center/\$10. to Glo. Twp.

Combination Class - This session will start with a 45 minute yoga practice to open and energize the body. It will end with a combination of a 30 minute breathing and meditation practice. Discover and enjoy the many benefits.... Improve your mood, concentration, focus, decrease anxiety and stress and discover inner peace.

YOGA STRETCH AND STRENGTHEN WITH CHRISTINE

Tuesdays: January 24; Last Class March 14 8 weeks
11am - 12pm Held at Still Point Yoga Center
Cost: \$50 to Still Point Yoga Center/\$10. to Glo. Twp.

Stretch and Strengthen your whole body and mind! Recharge your energy and improve your overall health and wellness with yoga. This class includes a perfect mix of yoga poses, breathing exercises and guided relaxation for a complete hatha yoga experience. Beginners are welcome. Come dressed in comfortable clothing. Studio supplies mats and props.

CARDIO TONING

Tuesdays: January 24, Last class April 4 10 Weeks
6:30pm - 7:30pm Held at Point Ariel Park
Cost: \$50. to A. Davis/\$10. to Glo. Twp.



Come out for a full body conditioning class which will consist of low impact cardio moves and drills followed by toning through HIIT...high intensity interval training...to sculpt your body and Tabata drills to challenge your muscles and stamina. This class will put fun into your workout. Bring a set of weights, mat and water and be sure to wear good sneakers. Good for HS and up. No class 2/21.

CHAIR YOGA WITH DOROTHY

Wednesdays: January 25; Last class March 15 8 Weeks
2:00pm - 3:00 pm Held at Still Point Yoga Center
Cost: \$40 to Still Point Yoga Center/\$10. to Glo. Twp.

No matter what age, weight, flexibility, balance issues or fitness level; you can do yoga! No experience needed. Come dressed in comfortable clothing. Studio supplies chairs, props and inspiration. No yoga experience needed.

T'AI CHI CHIH FOR STRESS MANAGEMENT

Wednesdays: January 25; Last class April 5 10 Weeks
5:30pm - 6:30 pm Held at Point Ariel Park
Cost: \$50. to Michele Carlino/\$10. to Glo. Twp.

Experience more abundant health, harmony and balance. T'ai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. T'ai Chi Chih consists of 19 powerful movements and 1 pose that are easily learned by anyone, regardless of age or physical condition. Open to HS students and adults. No class 3/15.

YOGA BASIC I

Wednesdays: January 25; Last class April 5 10 Weeks
6:30pm - 7:30 pm Held at Point Ariel Park
Cost: \$50. to Michele Carlino/\$10. to Glo. Twp.

This class is a workout for the mind, body and soul that brings inner and outer balance through stretching, breath work, and meditation. Yoga promotes relaxation, reduces stress, and calms anxiety. Wear comfortable clothing and bring a towel and water. Open to HS students and adults. No class 3/15.



YOGA FOR WEIGHT LOSS

Wednesdays: January 20; Last class March 23 10 Weeks
7:30pm - 8:30pm Held at Point Ariel Park
Cost: \$50. to M. Carlino/\$10. to Glo. Twp.



Yoga supports balancing the body on all levels. This class will utilize specific postures and breathwork that increase the metabolism and relax the mind to assist in guiding the body to its natural weight. Please bring a mat or towel and a blanket. Open to HS students and adults. No class 3/15.

YOGA FOR US - 55 PLUS WITH DOROTHY

Thursdays: January 26; Last Class March 16 8 weeks
11am-12pm Held at Still Point Yoga Center
Cost: \$50 to Still Point Yoga Center/\$10. Glo. Twp.

Leave your worries behind; you CAN do yoga. Stretch and wake up tired muscles, learn to breathe more effectively and to relax more deeply. This is a gentle Hatha yoga class done on yoga mats. Designed for the mature adult with average mobility it features seated, standing and floor postures. Wear clothes that allow ease of movement. Still Point provides mats and props. No experience needed.

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