



Sports & Fitness For Adults



FAMILY YOGA

(ages 6+)

Ages 6 and up with their special adult are encouraged to have fun together in a non-competitive environment. Yoga will improve your child's attention span and the ability to focus. They will be taught proper breathing and body awareness as well as ways to explore yoga poses in a creative manner, including partner poses. Classes end with a short meditation and massage.

Session 1: Thu, Jan. 14 - Mar. 4, 5:30 - 6:30 pm #101124

Session 2: Sat, Jan. 16 - Mar. 13, 10:15 - 11:15 am #101125

No class Feb. 13

Location: Newtown Athletic Club

Fee: \$60 per person **Resident Discount:** \$50 per person



BEGINNER/BASIC LEVEL YOGA

This class teaches beginners the fundamentals of yoga. Explore basic yoga postures; learn proper alignment and simple breathing techniques. This class is designed to lower stress and improve flexibility and can be mastered by all levels and age groups. Wear non-restrictive clothes!

Session 1: Mon, Feb. 1 - Mar. 8, 5:30 - 6:30 pm #101178

Session 2: Mon, Mar. 15 - Apr. 19, 5:30 - 6:30 pm #101179

Session 3: Mon, Apr. 26 - Jun. 7, 5:30 - 6:30 pm #101180

No class May 31

Location: Newtown Swim Club

Fee: \$70 **Resident Discount:** \$60



STRESS RELEASE

(ages 16-adult)

What better way to reduce stress and stay fit than through martial arts. In this class you will learn basic self defense techniques and forms wrapped around an intense cardio workout. You will leave this class wanting more.

Session 1: Wed, Jan 13 - Feb 10, 8:00 - 9:00 pm #101485

Session 2: Wed, Feb 17 - Mar 17, 8:00 - 9:00 pm #101486

Session 3: Wed, Mar 24 - Apr 21, 8:00 - 9:00 pm #101487

Session 4: Wed, Apr 28 - May 26, 8:00 - 9:00 pm #101488

Session 5: Wed, Jun 9 - Jul 7, 8:00 - 9:00 pm #101489

Location: Action Karate, 11 Penns Trail Suite 500, Newtown

Fee: \$45 **Resident Discount:** \$35

MULTI-LEVEL YOGA

This class is opened to all levels, previous yoga experience is recommended. This class is designed to lower stress and improve flexibility. Explore more yoga postures. Wear non-restrictive clothes!

Tuesdays

Session 1: Tue, Feb. 2 - Mar. 9, 6:00 - 7:00 pm #101181

Session 2: Tue, Mar. 16 - Apr. 20, 6:00 - 7:00 pm #101182

Session 3: Tue, Apr. 27 - Jun. 1, 6:00 - 7:00 pm #101183

Wednesdays

Session 1: Wed, Feb. 3 - Mar. 10, 4:30 - 5:30 pm #101184

Session 2: Wed, Mar. 17 - Apr. 21, 4:30 - 5:30 pm #101185

Session 3: Wed, Apr. 28 - Jun. 2, 4:30 - 5:30 pm #101186

Location: Newtown Swim Club

Fee: \$70 **Resident Discount:** \$60

BODYSHAPING

The ultimate total body workout to build a lean, strong sculpted body! If you want to tone and define selected muscle groups, this is class for you! Upper body routines tone your arms, chest and back. Lower body routines focus on legs, thighs, hips, buttocks and abdominals. Appropriate for all fitness levels. Join us for this fun, stress reducing, hour-long class! Please bring your own 1-5 pound weights.

Tuesdays & Thursdays

Session 1: T/Th, Feb. 2 - Mar. 11, 7:00 - 8:00 pm #101130

Session 2: T/Th, Mar. 16 - Apr. 22, 7:00 - 8:00 pm #101131

Session 3: T/Th, Apr. 27 - Jun. 3, 7:00 - 8:00 pm #101132

Fee: \$90 **Resident Discount:** \$80

Sunday's

Session 1: Sun, Feb. 7 - Mar. 14, 9:30 - 10:30 am #101133

Session 2: Sun, Mar. 21 - May 2, 9:30 - 10:30 am #101134

No class Apr. 4

Session 3: Sun, May 9 - Jun. 13, 9:30 - 10:30 am #101135

Location: Newtown Swim Club

Fee: \$60 **Resident Discount:** \$50



EVENING YOGA

Join our well trained, and experienced, certified Hatha Yoga instructor to learn the physical path of self-transformation. Exercises include: fluid movements, standing poses and gentle stretches. All levels of experience welcome. Designed to gradually increase your flexibility, balance and strength. Your posture and concentration may be positively affected. Specific breathing techniques improve your ability to manage stress and increase relaxation. Bring a yoga mat or towel & wear non-restrictive clothes!

Session 1: Wed, Dec. 9 - Jan. 13, 7:00 - 8:15 pm #101116

Session 2: Wed, Jan. 20 - Feb. 24, 7:00 - 8:15 pm #101117

Session 3: Wed, Mar. 3 - Apr. 7, 7:00 - 8:15 pm #101118

Session 4: Wed, Apr. 14 - May 19, 7:00 - 8:15 pm #101119

Session 5: Wed, May 26 - Jun. 30, 7:00 - 8:15 pm #101120

Fee: \$68 **Resident Discount:** \$54

Or receive 10% off when you sign up for all sessions!

Wed, Dec. 9 - Jun. 30, 7:00 - 8:15 pm #101121

Fee: \$303 **Resident Discount:** \$243

Instructor: Jim Whitmoyer

Location: Newtown Swim Club



Register online now at www.newtownfun.com



Sports & Fitness For Adults



TAI CHI

This form of exercise and relaxation brings the body into harmony, both mentally and physically. Tai Chi involves a series of easy to follow poses that are held for a few seconds that benefit one's flexibility, posture and balance as well as reduces stress. This class is suitable for all ages and abilities.

Session 1: Wed, Jan. 13 - Mar. 3, 7:30 - 8:30 pm #101128

Session 2: Wed, Mar. 10 - Apr. 28, 7:30 - 8:30 pm #101129

Instructor: Stan Paul, Certified Tai Chi Instructor, Brown Sash

Location: Newtown Athletic Club

Fee: \$105 **Resident Discount:** \$95

MEDITATION

Relax, unwind and take your mind to another level with a class that incorporates breathing techniques, visualization, postures, hands on healing Reiki, and ends with 30 min of mediation. You will be able to reverse the aging process, sharpen the mind and maintain optimal health. Experience inner peace and find your calm, no matter how hectic your lifestyle is.

Session 1: Tue, Jan. 12 - Mar. 2, 6:00 - 7:00 pm #101126

Session 2: Tue, Mar. 9 - Apr. 27, 6:00 - 7:00 pm #101127

Instructor: Patricia McCarron,

Certified Alternative Health Therapist

Location: Newtown Athletic Club

Fee: \$105 **Resident Discount:** \$95



STEP FUSION

Experience a class that is an exciting, effective blend of step aerobics and weight training mixed with the principles of aerobic and interval training and the disciplines of Pilates and yoga. The result will be a fitter, healthier you! Appropriate for beginner and advanced exercisers.

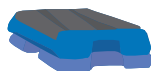
Session 1: Wed, Feb. 3 - Mar. 10, 9:15 - 10:15 am #101172

Session 2: Wed, Mar. 17 - Apr. 21, 9:15 - 10:15 am #101173

Session 3: Wed, Apr. 28 - Jun. 2, 9:15 - 10:15 am #101174

Location: Newtown Swim Club

Fee: \$60 **Resident Discount:** \$50



PILATES

This multi level class increases strength and flexibility to create a total body workout. Pilates focuses on the core (mid section) of the body and improves posture. This workout experience will provide you with increased overall health and a stronger leaner body - while also reducing stress and tension. Resistance bands and Pilates rings are used to help tone and build core strength. A towel/mat and loose fitting clothing is required.

***Please note different times Mon. at 9:15 am & Fri. at 9:30 pm**

Session 1: M/F, Feb. 1 - Mar. 12 #101145

Session 2: M/F, Mar. 15 - Apr. 23 #101146

Session 3: M/F, Apr. 26 - Jun. 7 #101147, No class May 31

Fee: \$90 **Resident Discount:** \$80

Mondays

Session 1: Mon, Feb. 1 - Mar. 8, 8:00 - 9:00 pm #101148

Session 2: Mon, Mar. 15 - Apr. 19, 8:00 - 9:00 pm #101149

Session 3: Mon, Apr. 26 - Jun. 7, 8:00 - 9:00 pm #101150

No class May 31

Fee: \$60 **Resident Discount:** \$50

Saturdays

Session 1: Sat, Feb. 6 - Mar. 13, 9:00 - 10:00 am #101151

Session 2: Sat, Mar. 20 - Apr. 24, 9:00 - 10:00 am #101152

Session 3: Sat, May 1 - Jun. 5, 9:00 - 10:00 am #101153

Fee: \$60 **Resident Discount:** \$50

Location: Newtown Swim Club

ZUMBA

(Newtown Swim Club)

energetic dance-fitness workout inspired by International music. Basic Latin and international moves demonstrated by a certified Zumba instructor will provide an effective and progressive cardio respiratory workout. Dance steps such as the cha cha, meringue, salsa, reggae tar and cumbia will increase your heart rate and burn up to 400 calories.

Session 1: Wed, Feb. 3 - Mar. 10, 6:00 - 7:00 pm #101187

Session 2: Wed, Mar. 17 - Apr. 21, 6:00 - 7:00 pm #101188

Session 3: Wed, Apr. 28 - Jun. 2, 6:00 - 7:00 pm #101189

Location: Newtown Swim Club

Fee: \$70 **Resident Discount:** \$60

CORE & MORE

Back to basics! This class is a real calorie burner. It will combine some cardio with strength training for a total body workout. Resistance balls and light weights will add definition to your body. Appropriate for all fitness levels.

Session 1: T/Th, Feb. 2 - Mar. 11, 10:15 - 11:00 am #101142

Session 2: T/Th, Mar. 16 - Apr. 22, 10:15 - 11:00 am #101143

Session 3: T/Th, Apr. 27 - Jun. 3, 10:15 - 11:00 am #101144

Location: Newtown Swim Club • **Fee:** \$90 **Resident Discount:** \$80



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Sports & Fitness For Adults



SPINNING

This 50 minute cardiovascular class will be held on a Spin Bike. You will experience hills, sprints and jumps- all to motivational music. Target Heart Rate will be used to track your progress. All levels welcome. Please bring a towel and water bottle to class.

Tuesdays, 9:15 am

- Session 1: Tue, Feb. 2 - Mar. 9, 9:15 - 10:05 am #101154
- Session 2: Tue, Mar. 16 - Apr. 20, 9:15-10:05 am #101155
- Session 3: Tue, Apr. 27 - Jun. 1, 9:15 - 10:05 am #101156

Tuesdays, 5:00 pm

- Session 1: Tue, Feb. 2 - Mar. 9, 5:00 - 5:50 pm #101157
- Session 2: Tue, Mar. 16 - Apr. 20, 5:00 - 5:50 pm #101158
- Session 3: Tue, Apr. 27 - Jun. 1, 5:00 - 5:50 pm #101159

Thursdays, 9:15 am

- Session 1: Thu, Feb. 4 - Mar. 11, 9:15 - 10:05 am #101160
- Session 2: Thu, Mar. 18 - Apr. 22, 9:15 - 10:05 am #101161
- Session 3: Thu, Apr. 29 - Jun. 3, 9:15 - 10:05 am #101162

Thursdays, 5:00 pm

- Session 1: Thu, Feb. 4 - Mar. 11, 5:00 - 5:50 pm #101163
- Session 2: Thu, Mar. 18 - Apr. 22, 5:00 - 5:50 pm #101164
- Session 3: Thu, Apr. 29 - Jun. 3, 5:00 - 5:50 pm #101165

Saturdays, 8:00 am

- Session 1: Sat, Feb. 6 - Mar. 13, 8:00 - 8:50 am #101166
- Session 2: Sat, Mar. 20 - Apr. 24, 8:00 - 8:50 am #101167
- Session 3: Sat, May 1 - Jun. 5, 8:00 - 8:50 am #101168

Sundays, 8:00 am

- Session 1: Sun, Feb. 7 - Mar. 14, 8:00 - 8:50 am #101169
- Session 2: Sun, Mar. 21 - May 2, 8:00 - 8:50 am #101170
- No class Apr. 4

- Session 3: Sun, May 9 - Jun. 13, 8:00 - 8:50 am #101171

Location: Newtown Swim Club

Fee: \$70 Resident Discount: \$60

CARDIO KICKBOXING

A GREAT cardiovascular workout with a kick and a punch! This coed class incorporates karate choreography to provide the participant with an excellent total body workout while using bags and mat work. This class is appropriate for people of all fitness levels!

Mondays

- Session 1: Mon, Feb. 1 - Mar. 8, 7:00 - 8:00 pm #101136
- Session 2: Mon, Mar. 15 - Apr. 19, 7:00 - 8:00 pm #101137
- Session 3: Mon, Apr. 26 - Jun. 7, 7:00 - 8:00 pm #101138
- No class May 31

Saturdays

- Session 1: Sat, Feb. 6 - Mar. 13, 10:00 - 11:00 am #101139
- Session 2: Sat, Mar. 20 - Apr. 24, 10:00 - 11:00 am #101140
- Session 3: Sat, May 1 - Jun. 5, 10:00 - 11:00 am #101141

Location: Newtown Swim Club

Fee: \$60 Resident Discount: \$50



ZUMBA

(Newton Township Building)

Zumba combines high energy and motivating music with unique moves & combinations that allow participants to work out on their level! Working out shouldn't be work! Join us for this feel-happy exercise program that is great for your body AND mind!

Monday: Session 1: Mon, Feb. 22 - Apr. 5, 9:30 - 10:30 am
No class Mar. 29 #101195

Session 2: Mon, Apr. 12 - May 17, 9:30 - 10:30 am #101196

Session 3: May 24 - Jul. 12, 9:30 - 10:30 am #101197

No class May 31, Jul. 5

Thursday: Session 1: Thu, Feb. 25 - Apr. 8, 6:30 - 7:30 pm

No class Apr. 1 #101198

Session 2: Thu, Apr. 15 - May 20, 6:30 - 7:30 pm #101199

Session 3: Thu, May 27 - Jul. 1, 6:30 - 7:30 pm #101200

Fee: \$71 Resident Discount: \$57

Or receive a 10% discount if you sign up for M/Th!

M: 9:30 am, Th: 6:30 pm

Session 1: M/Th, Feb. 22 - Apr. 8 #101201

No class Mar. 29, Apr. 1

Session 2: M/Th, Apr. 12 - May 20 #101202

Session 3: M/Th, May 24 - Jul. 12 #101203

No class May 31, Jul. 5

Fee: \$127 Resident Discount: \$102

Instructor: Hayes Honer

Location: Newtown Township Building



ADULT KARATE

(ages 16+)

Realistic martial arts taught by certified black belt instructors that is easy, safe and fun to learn. Learn the basics skills of martial arts including techniques and forms. You'll learn how to use leverage, your own body weight properly and to your advantage. You will also learn pressure points & proper body mechanics in this class.

Session 1: Sat, Jan 16 - Feb 13, 11:00 - 11:40 am #101480

Session 2: Sat, Feb 20 - Mar 20, 11:00 - 11:40 am #101481

Session 3: Sat, Mar 27 - Apr 24, 11:00 - 11:40 am #101482

Session 4: Sat, May 1 - May 29, 11:00 - 11:40 am #101483

Session 5: Sat, Jun 12 - July 10, 11:00 - 11:40 am #101484

Location: Action Karate, 11 Penns Trail, Suite 500, Newtown

Fee: \$45 Resident Discount: \$35

SUNDAY STEP

This fun and intense workout is for step aerobics participants. The exercise routine is complete with warm-up and cool-down all coupled with lively music to ensure an overall exciting & complete workout!

Session 1: Sun, Feb. 7 - Mar. 14, 10:30 - 11:30 am #101175

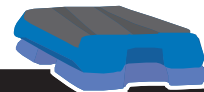
Session 2: Sun, Mar. 21 - May 2, 10:30 - 11:30 am #101176

No class Apr. 4

Session 3: Sun, May 9 - Jun. 13, 10:30 - 11:30 am #101177

Location: Newtown Swim Club

Fee: \$60 Resident Discount: \$50



Register online now at www.newtownfun.com



Sports & Fitness For Adults



FAMILY FENCING

Fencing is fun and safe! Engage your families' mind and body, or just your own, while developing character and mental agility! Benefits include sportsmanship, self-discipline, and patience! Participants must be at least 8 y/o and need to purchase a \$20 glove at the first class. Attendance at first class is mandatory. Visit www.BCAF.com for a complete listing of all courses!

Session: Tue, Feb. 23 - Mar. 23, 6:00 - 7:00 pm **#101475**

Instructor: Bucks Co. Academy of Fencing

Location: Laceworks Complex

287 S. Main Street, Lambertville, NJ

Fee: Parent- \$160; Child- \$145; Child w/o parent- \$160



CO-ED VOLLEYBALL

(ages 18+)

Recreational pick up games for men and women of all skill levels!

Session: Mon, Feb. 22 - Apr. 12, 8:00 - 10:00 pm **#101193**

No class Mar. 29

Location: Goodnoe Elementary School Gym

Fee: \$35 **Resident Discount:** \$28



WOMEN'S BASKETBALL

Non-competitive, recreational pick up games for women of all levels!

Session: Mon, Apr. 19 - Jun. 7, 8:00 - 10:00 pm **#101194**

No class May 31

Location: Goodnoe Elementary School Gym

Fee: \$35 **Resident Discount:** \$28

GOLF CLINIC

Learn to love the game of golf! This clinic provides beginner and intermediate golfers with the opportunity to learn the fundamental skills of golf (grip, posture, full swing, set up, chipping and putting, short game, rules and etiquette). Participants are encouraged to bring their own clubs, although equipment will be provided.

Session: Sat, Apr. 17 - May 8, 10:45 - 11:45 am **#101122**

Instructor: Pete Wentz

Location: Spring Mill Country Club, Ivyland

Fee: \$106 **Resident Discount:** \$85



SENIORS GOLF CLINIC

Seniors interested in the game of golf - who have never played or just want to improve their stroke - this clinic can accomplish it all! Learn how to swing with consistency acquiring the proper skills of grip, posture, set up, rules, and etiquette. Participants are encouraged to bring their own clubs, although equipment will be provided. Please don't forget, if you are 55+ yrs of age you receive a senior discount!

Session: Tue, Apr. 20 - May 11, 10:00 - 11:00 am **#101123**

Instructor: Vince Sullivan

Location: Spring Mill Country Club, Ivyland

Fee: \$106 **Resident Discount:** \$85



ADULT BASKETBALL

Supervised full-court pick-up games. Pre-registration is required - you cannot play if you have not registered. Sessions fill up quickly so please register early! Please be advised this schedule is tentative and subject to change.

Session 1: Mon. Feb. 8 - Jun. 7, 8:00 - 10:00 pm **#101113**

No game Feb. 15, Mar. 29, May 31

Fee: \$80 **Resident Discount:** \$64

Session 2: Wed, Feb. 10 - Jun. 9, 8:00 - 10:00 pm **#101114**

No game Mar. 31

Fee: \$90 **Resident Discount:** \$73

Or play both days!

Session 3: Mon. & Wed, Feb. 8 - Jun. 9, 8:00 - 10:00 pm

No game Feb. 15, Mar. 29 & 31, May 31 **#101115**

Fee: \$152 **Resident Discount:** \$122

Supervisor: Kevin Koch

Location: Newtown Elementary School Gym



Register online now at www.newtownfun.com