

Summer Programming



Monday

Fitness Boot Camp Age 18+ (\$60)

6pm-7pm 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

Together with GYMGUIZ, participants will get a full body workout utilizing cardio, resistance training, and kettlebell exercises! These techniques build endurance, balance, core muscle strength and flexibility.

Adult Yoga Age 18+ (\$50)

7pm-8pm 7/11, 7/18, 7/25, 8/1, 8/8, 8/15

Participants will learn yoga techniques with instructor Sandy Gola of Amethyst Project.

Tuesday

Qi Gong Age 18+ (\$50)

Via Zoom 10am-11am 7/5, 7/12, 7/19, 7/26, 8/2, 8/9

Qigong (Chi kung) is an ancient Chinese practice that incorporates slow, gentle, low-impact movements in harmony with breathing. Taught by Maxine Becker.

Kung Fu Kids Beginner 1 Age 5-12 (\$40)

6pm-7pm 7/5, 7/12, 7/19, 7/26, 8/2 * **FIVE WEEK CLASS***

Our program is perfect for children that need a mentor and guidance to achieve their best in life and martial arts. Students in our kids program study the art of Kung Fu and learn fundamental striking including kickboxing skills and self-defense. In addition we build up our children to tackle the hardest challenges in life with perseverance and strength. Students are to wear black pants.

Wednesday

Yoga With a Twist Age 5-11 (\$25)

4:30pm-5:30pm 7/6, 7/20, 7/27, 8/3, 8/10, 8/17

No Class 7/13

Children will be introduced to classic Yoga and Meditation Principles while sharing stories and participating in arts & crafts in an environment ranging from relaxed to upbeat and energetic.

Kung Fu Kids Intermediate Age 5-12 (\$40)

5-6pm 7/6, 7/13, 7/20, 7/27, 8/3 * **FIVE WEEK CLASS***

Our program is perfect for children that need a mentor and guidance to achieve their best in life and martial arts. Students in our kids program study the art of Kung Fu and learn fundamental striking including kickboxing skills and self-defense. In addition we build up our children to tackle the hardest challenges in life with perseverance and strength. Students are to wear black pants.

Kung Fu Kids Beginner 2 Age 5-12 (\$40)

6-7pm 7/6, 7/13, 7/20, 7/27, 8/3, * **FIVE WEEK CLASS***

Our program is perfect for children that need a mentor and guidance to achieve their best in life and martial arts. Students in our kids program study the art of Kung Fu and learn fundamental striking including kickboxing skills and self-defense. In addition we build up our children to tackle the hardest challenges in life with perseverance and strength. Students are to wear black pants.

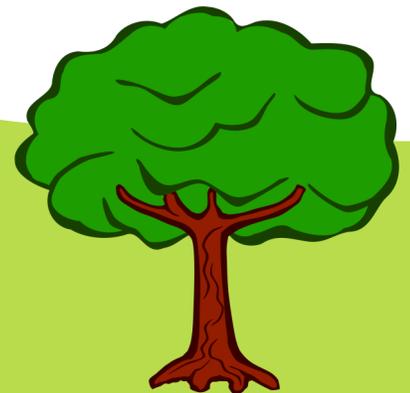
****Register via www.Bloomfieldrecreation.org starting 6/22/2022****

Yoga with a Twist held on Town Green across from Bloomfield Civic Center

Qi Gong Held Via Zoom

All other classes held At Bloomfield Civic Center, 84 Broad Street

BLOOMFIELD
Parks • Recreation • Cultural Affairs



84 Broad Street, Bloomfield, NJ

Tel# 973-743-9074 www.bloomfieldrecreation.org