

CITY OF NEWARK PARKS & RECREATION

FITNESS PROGRAMS

STAY FIT

AGES 18 & OVER

CAROLE WALSH

A program of strength training and low impact aerobics, this upbeat and fun class will help you build and maintain muscle tone and improve cardiovascular fitness. Each session will include lively warm-ups, exercises that use a full range of motion for tone and flexibility, and the use of hand weights to increase upper body strength. A cool down and stretch will follow twenty-five minutes of aerobics adaptable to all levels of fitness. All routines are created by a well-qualified instructor with 30 years experience teaching exercise classes. Please bring an exercise mat and a pair of hand weights, one to three pounds each. (Loaner weights will be available).

Fee: \$67 RDF: \$50
 Days: Tue. & Thu.
 Hours: 10 - 11 a.m.
 Location: George Wilson Center

Activity #:	Dates:
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3620-309	Sep. 24 - Oct. 31
3620-319	Nov. 5 - Dec. 17 (Nov. 14 class will be held Wed., Nov. 13 and no class 11/28)
3620-100	Jan. 7 - Feb. 13

TOTAL BODY HOUR

AGES 16 & OVER

GINA REICH

Up-beat music and interesting routines keep you focused on your fitness during these Newark Parks and Recreation fitness classes. A body sculpting workout using weights, body resistance, challenging moves, repetitions and cardio work. You will get motivated and be burning calories in no time! Please bring a water bottle, hand weights and a large exercise ball to class.

Fee: \$90 RDF: \$72
 Days: Mon. & Wed.
 Hours: 7 - 8 p.m.
 Location: George Wilson Center

Activity #:	Dates:
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3626-309	Sep. 16 - Oct. 28 (no class 10/23)
3626-319	Nov. 4 - Dec. 18 (no class 11/25 & 11/27)
3626-100	Jan. 6 - Feb. 19 (no class 1/20 & 2/17)
3626-110	March 2 - April 8

ZUMBA TONING

AGES 18 & OVER

JENNIFER PALACIO

Zumba Toning is designed to strengthen, reshape your body and tone your muscles while burning even more calories. Here we combine music with dance, strength training and body sculpting workouts using 1-3 lb. toning sticks, hand weights or even your body weight along with aerobic moves.

Days: Tue.
 Hours: 7 - 8 p.m.
 Location: George Wilson Center

Activity #:	Dates:	Fee:
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3511-309	Sep. 3 - Oct. 22	Fee: \$67 RDF: \$50
3511-319	Nov. 5 - Dec. 17	Fee: \$60 RDF: \$44
3511-100	Jan. 7 - Feb. 25	Fee: \$67 RDF: \$50

BARRE CLASS

AGES 18 & OVER

JENNIFER PALACIO

Barre classes mix elements of Dance, Toning, Pilates, Yoga and functional training with moves choreographed to motivating music. In each energizing and targeted workout, you'll use the barre or chair and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body. Please bring a mini ball, light weights, a stretch band and mat to class.

Days: Thu.
 Hours: 7 - 8 p.m.
 Location: George Wilson Center

Activity #:	Dates:	Fee:
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3645-309	Sep. 5 - Oct. 24	Fee: \$67 RDF: \$50
3645-319	Nov. 7 - Dec. 19 (no class 11/28)	Fee: \$53 RDF: \$38
3645-100	Jan. 9 - Feb. 27	Fee: \$67 RDF: \$50

AUTHENTIC YOGA WITH MEETA

AGES 18 & OVER

MEETA GAJJAR PARKER

The ancient practice of yoga is a combination of exercises, breathing and meditation techniques. It has long been an effective way of relieving emotional stress, stretching and toning the body and connecting with yourself. It energizes and refreshes, improves circulation and promotes mental clarity and concentration. Participants should wear loose comfortable clothing and bring a yoga mat. Meeta is the daughter of the late Bharat J. Gajjar who brought yoga to Delaware in the 60's.

Days: Wed.
Hours: 7 - 8 p.m.
Location: Newark Senior Center

Activity #:	Dates:	Fee:	RDF:
3525-209	July 10 - Sep. 11 (no class 8/14 & 8/28)	\$81	\$64
3525-309	Sep. 25 - Nov. 20 (no class 10/23)	\$73	\$57
3525-319	Dec. 4 - Feb. 19 (no class 12/18,12/25, 1/1 & 2/5)	\$73	\$57

FRIDAY MORNING YOGA

AGES 18 & OVER

KATHLEEN WRIGHT

In this class, Yoga breathing and stretching is taught to help us function at our best, physically and mentally. Mental alertness is actually closely linked to the balance of energy in the body so that your strength, flexibility and balance improve the way you think and vice-versa! We will work on different postures and areas of the body with every class. The practice of yoga is calming and cleansing and will act to restore agility and vitality. There will be special attention paid to help the individual student with their particular issues. All levels of age and fitness are welcome to join us. Students must bring their own mats, other props (straps & blocks) are provided by the instructor. Kathleen Wright is a longtime teacher of yoga in Wilmington & Newark and regularly pursues study with the most influential of senior teachers in the US and India.

Days: Fri.
Hours: 9 - 10:30 a.m.
Location: George Wilson Center

Activity #:	Dates:	Fee:	RDF:
3522-309	Sep 6 - Oct. 25	\$67	\$50
3522-319	Nov. 1 - Dec. 13 (no class 11/29)	\$53	\$38
3522-100	Jan. 10 - Feb. 28	\$67	\$50

YOGA POWER HOUR

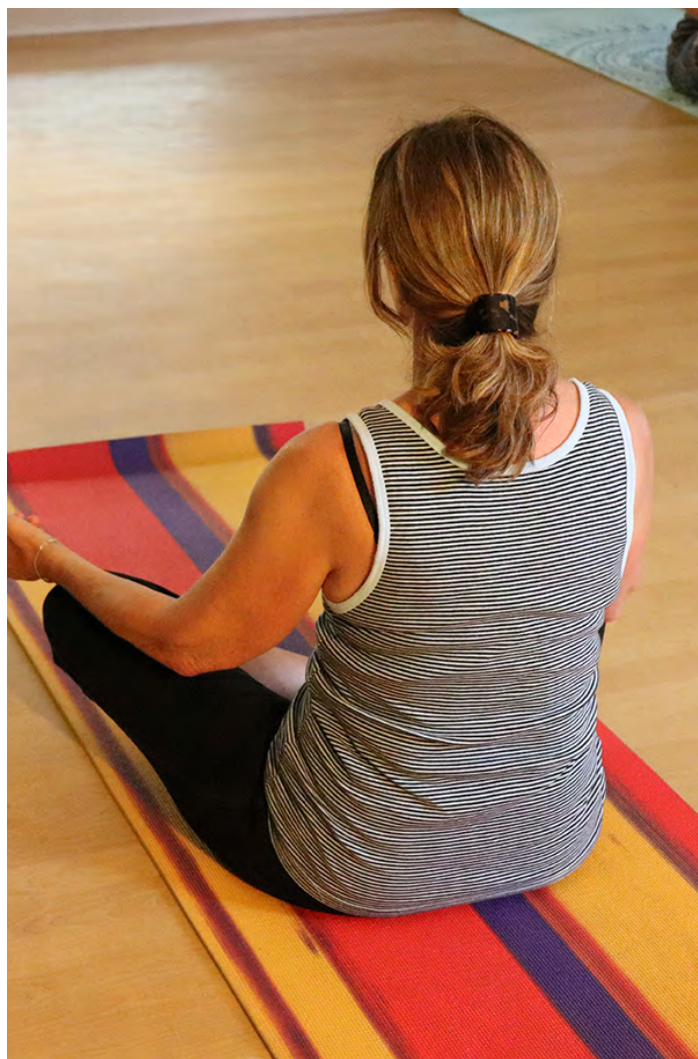
AGES 18 & OVER

VALERIE LANE

Enjoy 60 minutes of vinyasa style yoga during "Power Hour." With a focus on strengthening the core and full body, this class will involve a warm up, sun salutations, warrior series, core strengthening, challenging balance postures, and seated poses to release tension and stretch muscles. Mindfulness and meditation will also be included in each class. If you are new to yoga or a seasoned yogi, this class will accommodate all levels. Please bring a yoga mat, towel, and water.

Days: Mon.
Hours: 5:15 - 6:30 p.m.
Location: George Wilson Center

Activity #:	Dates:	Fee:	RDF:
3623-309	Sep. 9 - Oct. 28	\$72	\$55
3623-319	Nov. 11 - Dec. 30	\$75	\$58
3623-100	Jan. 6 - March 23 (no class 1/20 & 2/17)	\$91	\$73



YOGA FOR STRESS

AGES 18 & OVER

VALERIE LANE

If you find yourself saying, "I need to de-stress!" this yoga class is for you! Through gentle warm up, warrior poses, vinyasa flow, restorative postures, and moving meditation, this class will allow you to escape from daily life and enjoy time on your yoga mat. Relaxing music is played and the lights are dimmed to create an ambiance of serenity. If you are new to yoga or a seasoned yogi, this class will accommodate all levels. Props such as blocks, straps, blankets, and bean bags are welcome, but not required. Please bring a yoga mat and water.

Days: Thu.

Hours: 5:15 - 6:30 p.m.

Location: George Wilson Center

Activity #:	Dates:	Fee:	RDF:
3508-309	Aug. 15 - Oct. 31	Fee: \$101	RDF: \$83 (class on 10/24 from 6 - 7 p.m.)
3508-319	Nov. 14 - Dec. 19	Fee: \$52	RDF: \$36 (no class 11/28)
3508-100	Jan. 2 - March 26	Fee: \$91	RDF: \$73 (no class 1/9, 2/13 & 2/20)

NEW! AN INTRODUCTION TO THE CHAKRAS

AGES 18 & OVER

DEBBIE GILL

An introductory workshop explaining the chakras system and how it works. It is a map for your journey through life. Participants will learn that each chakra has its own characteristics such as color, issues, body parts, and sense and if not balanced, can cause many health and psychological problems. Methods on how to balance your chakras will be offered.

Fee: \$47 RDF: \$31

Days: Mon.

Hours: 6 - 8 p.m.

Location: Newark Senior Center

Activity #:	Dates:
3527-309	Sep. 16
3527-319	Oct. 14
3527-329	Nov. 18
3527-339	Dec. 16
3527-100	Jan. 20
3527-110	Feb. 17

WEATHER?

For updates on activity cancellations call the leisure time hotline (302) 366-7147.

NEW! CHAKRAS YOGA WORKSHOP

AGES 18 & OVER

DEBBIE GILL

Yoga poses will be taught in a flow that correspond with each chakra starting with the Root chakra and moving through the Crown chakra. There will be a minimum of two to three poses for each chakra. Each one will build on the previous posture as you begin to liberate the chakras, ending with Savasana and a Body Scan for Mindfulness and Relaxation. Please bring a yoga mat and a blanket or beach towel.

Fee: \$47 RDF: \$31

Days: Tue.

Hours: 6 - 8 p.m.

Location: Newark Senior Center

Activity #:	Dates:
3523-309	Sep. 17
3523-319	Oct. 15
3523-329	Nov. 19
3523-339	Dec. 17
3523-100	Jan. 14
3523-110	Feb. 18

