

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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3620-100	Jan. 7 - Feb. 13
3620-110	Feb. 18 - March 26
3620-120	March 31 - May 7 (No class 4/14, 4/16 & 4/28, make up classes on Mondays, 4/6, 4/20, & 4/27)

TOTAL BODY HOUR

AGES 16 & OVER

GINA REICH

Upbeat 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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3626-100	Jan. 6 - Feb. 19 (no class 1/20 & 2/17)
3626-110	March 2 - April 8
3626-120	April 20 - June 1 (no class 5/25)

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:
3645-100	Jan. 9 - Feb. 27	\$67 RDF: \$50
3645-110	March 5 - April 9	\$53 RDF: \$38
3645-200	April 23 - June 4	\$60 RDF: \$44

RESIDENT DISCOUNT FEE (RDF)

In recognizing that City of Newark residents support our department through their city taxes, the City offers residents a discounted fee. Non-residents will pay the regular fee for the programs.

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.

Activity #: 3511-100
 Dates: Jan. 7 - Feb. 25
 Days: Tue.
 Location: George Wilson Center
 Fee: \$67 RDF: \$50
 Hours: 7 - 8 p.m.

ZUMBA TONING TO MAT FREE DEMONSTRATION

AGES 14 & OVER
THURSDAY, JANUARY 2
7 - 8 P.M.

JENNIFER PALACIO

A FREE demonstration of a new 45-minute Zumba toning class that includes dance, fitness and sculpting your upper body while using small 1 - 3lb. weights and 15 minutes of Pilates Mat workout to strengthen your core finishing with a calm stretch will be held on Thursday, January 2 from 7 - 8 p.m. This is a total one-hour demonstration for all ages 14 and over. Please bring weights and mat and enjoy a glimpse of this new workout program being offered this spring.



ZUMBA TONING TO MAT

AGES 14 & 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 for the first 45 minutes of the class and then for the last 15 minutes include Pilates/core mat at the end of the class.

Activity #: 3511-110 Fee: \$53 RDF: \$38
Dates: March 3 - April 7
Days: Tue. Hours: 7 - 8 p.m.
Location: George Wilson Center

Activity #: 3511-120 Fee: \$60 RDF: \$44
Dates: April 21 - June 9 (no class 4/28)
Days: Tue. Hours: 7 - 8 p.m.
Location: George Wilson Center

NEW

CHAKRAS YOGA WORKSHOP

AGES 18 & OVER

DEBBIE GILL

Yoga poses will be taught in a flow that corresponds with each chakra, starting with the Root chakra and moving through the Crown chakra. There will be a minimum of two 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:

3523-100	Jan. 14
3523-110	Feb. 18
3523-120	March 10

CHAKRAS & THE ENERGY BODY: MASTERING THE CHARGE IN YOUR BODY, EMOTIONS, AND CHAKRAS

AGES 18 & OVER

DEBBIE GILL

We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, or irritation. But how do we use that charge for the behaviors we want to create? Charge is a word for the basic life force running through us. Discover how to live fully in the center of your charge, igniting the chakras, and opening to greater awakening using somatic-therapy. Learn to use a combination of yoga and bioenergetic exercises to charge and discharge the chakras, dissolve body armor and release established patterns in the nervous system. Some of the techniques are simple and can be done in a matter of minutes, anytime, anywhere, while others have a cumulative effect when practiced over time. All move energy at a deep level and can be used on yourself.

Fee: \$60 RDF: \$45
Hours: 6 - 8 p.m.
Location: Newark Senior Center

Activity #: Dates: Days:

3527-100	Jan. 20	Mon.
3527-110	Feb. 17	Mon.
3527-120	March 9	Mon.
3527-130	April 6	Mon.
3527-140	May 11	Mon.

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.

Activity #: 3522-100 Fee: \$67 RDF: \$50
Dates: Jan. 10 - Feb. 28
Days: Fri. Hours: 9 - 10:30 a.m.
Location: George Wilson Center

Activity #: 3522-110 Fee: \$93 RDF: \$75
Dates: March 6 - June 5 (no class 4/17 & 5/22)
Days: Fri. Hours: 9 - 10:30 a.m.
Location: George Wilson Center

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.

Activity #: 3623-100 Fee: \$91 RDF: \$73
Dates: Jan. 6 - March 23 (no class 1/20 & 2/17)
Days: Mon. Hours: 5:15 - 6:30 p.m.
Location: George Wilson Center

Activity #: 3623-110 Fee: \$91 RDF: \$73
Dates: March 30 - June 1
Days: Mon. Hours: 5:15 - 6:30 p.m.
Location: George Wilson Center

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.

Activity #: 3508-100 Fee: \$91 RDF: \$73
Dates: Jan. 2 - March 26 (no class 1/9, 2/13 & 2/20)
Days: Thu. Hours: 5:15 - 6:30 p.m.
Location: George Wilson Center

Activity #: 3508-110 Fee: \$91 RDF: \$73
Dates: April 2 - June 4
Days: Thu. Hours: 5:15 - 6:30 p.m.
Location: George Wilson Center

RESIDENT DISCOUNT FEE (RDF)

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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.

Activity #: 3525-319 Fee: \$73 RDF: \$57
Dates: Dec. 4 - Feb. 19 (no class 12/18, 12/25, 1/1 & 2/5)
Days: Wed. Hours: 7 - 8 p.m.
Location: Newark Senior Center

Activity #: 3525-110 Fee: \$81 RDF: \$64
Dates: March 4 - May 13 (no class 3/25, 4/22 & 4/29)
Days: Wed. Hours: 7 - 8 p.m.
Location: Newark Senior Center