

# 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).

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Fees: \$76 RDF: \$57

Location: George Wilson Center



### Activity #: Dates:

|          |   |
|----------|---|
| 3620-101 | Feb. 2 - March 4  |
| 3620-111 | March 16 - April 22 (No class 4/6 & 4/8)                  |
| 3620-121 | April 27 - June 10<br>(No class 5/11, 5/13, 5/18, & 5/20) |

## 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.

Days: Mon. & Wed.

Hours: 7 - 8 p.m.

Fees: \$106 RDF: \$86

Location: George Wilson Center

### Activity #: Dates:

|          |                     |                 |
|----------|---------------------|-----------------|
| 3626-101 | Feb. 1 - March 8    | (No class 2/15) |
| 3626-111 | March 15 - April 19 | (No class 4/7)  |
| 3626-121 | April 26 - May 26   |                 |



## VIRTUAL · 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. Meeta is the daughter of the late Bharat J. Gajjar who brought yoga to Delaware in the 60's. In an effort to accommodate all of our students in a safe and comfortable environment, we will offer Authentic Yoga with Meeta via Zoom. From the comfort of your own home, office, or back yard, you will be able to join the class via the information sent to you prior to the start of class on your computer, tablet or smartphone. Instructors will include a supply list in the message with the meeting code and password. Please have all supplies ready for the start of each class. Prorated fees are not available.

Days: Wed.

Hours: 7 - 8 p.m.

Fee: \$66 RDF: \$48

Location: Virtual

| Activity #: | Dates: |
|-------------|--------|
|-------------|--------|

|          |  |
|----------|--|
| 3525-320 | Dec 16 - Jan. 27<br>(No class 12/23 & 12/30) |
| 3525-101 | Feb. 10 - March 10                           |
| 3525-111 | March 24 - April 21                          |
| 3525-121 | May 12 - June 9                              |

## 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 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 #: 3522-101      Fee: \$55 RDF: \$37  
 Dates: Feb. 5 - March 5  
 Days: Fri.      Hours: 9 - 10:30 a.m.  
 Location: George Wilson Center

Activity #: 3522-111      Fee: \$55 RDF: \$37  
 Dates: March 19 - April 30      (No class 4/2 & 4/9)  
 Days: Fri.      Hours: 9 - 10:30 a.m.  
 Location: George Wilson Center

## YOGA FOR STRESS

### AGES 18 & OVER

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.

Fee: \$55 RDF: \$37

Location: George Wilson Center

| Activity #: | Dates: |
|-------------|--------|
|-------------|--------|

|          |                     |
|----------|---------------------|
| 3508-101 | Feb. 4 - March 4    |
| 3508-111 | March 18 - April 15 |
| 3508-121 | April 29 - May 27   |

## VIRTUAL · ZOOM-BA DAYTIME TONING TO MAT

### AGES 18 & OVER

### JENNIFER PALACIO

Join in for a quick lunch time workout and stay fit while working from home or the office. Zumba® Toning to Mat 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 30 minutes of the class. The last 10 minutes include Pilates/core mat at the end of the class. Class will be held virtually and a code will be sent to the participants once registered. In an effort to accommodate all of our students in a safe and comfortable environment, we will offer Zumba Toning to Mat via Zoom. From the comfort of your own home, office, or back yard, you will be able to join the class via the information sent to you prior to the start of class on your computer, tablet or smartphone. Instructor will include a supply list in the message with the meeting code and password. Please have all supplies ready for the start of each class. Prorated fees are not available.

Days: Tue.

Hours: 12:15 - 1 p.m.

Fee: \$61 RDF: \$44

Location: Virtual

| Activity #: | Dates: |
|-------------|--------|
|-------------|--------|

|          |                     |
|----------|---------------------|
| 3528-101 | Feb. 2 - March 2    |
| 3528-111 | March 16 - April 13 |
| 3528-121 | April 27 - May 25   |

## VIRTUAL • ZOOM-BA TONING TO MAT

### 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 for the first 45 minutes of the class and then for the last 15 minutes include Pilates/core mat. Class will be held virtually and a code will be sent to the participants once registered. In an effort to accommodate all of our students in a safe and comfortable environment, we will offer Zumba Toning to Mat via Zoom. From the comfort of your own home, office, or back yard, you will be able to join the class via the information sent to you prior to the start of class on your computer, tablet or smartphone. Instructor will include a supply list in the message with the meeting code and password. Please have all supplies ready for the start of each class. Prorated fees are not available.

Days: Thu.  
Hours: 7 - 8 p.m.  
Fee: \$61 RDF: \$44  
Location: Virtual

#### Activity #: Dates:

|          |                     |
|----------|---------------------|
| 3511-101 | Feb. 4 - March 4    |
| 3511-111 | March 18 - April 15 |
| 3511-121 | April 29 - May 27   |

## COVID-19

Due to current restrictions with local and state mandates from the coronavirus, the schedule for programs and events are all subject to change. The safety of the participants and their families, spectators and staff is our #1 priority as we move forward in planning. We will continue to monitor the situation and reevaluate the status of our programs including programs held in the Christina School District facilities, which are currently unavailable. We will make changes as needed based on the guidance from state and local agencies and the school district. Thank you for your continued patience and understanding!

## WATER POWER AQUA FITNESS LOW INTENSITY

### AGES 18 & OVER

### TORI PARUSZEWSKI

This range of motion low intensity water aerobics class involves low impact aerobic movements, water walking, stretching, and lots of smiles! It is a great way to maintain mobility and can help with body stiffness and pain. Enjoy good music from the 60's, 70's, and 80's while staying active in a fun group setting. Masks are required until you enter the pool.

Activity #: 3513-101      Fee: \$115 RDF: \$100  
Dates: Feb. 27 - March 27  
Days: Sat.      Hours: 10 - 11 a.m.  
Location: Newark Senior Center

## WATER POWER AQUA FITNESS HIGH INTENSITY

### AGES 18 & OVER

### TORI PARUSZEWSKI

A higher intensity water aerobic class in the shallow end. Keep your heart rate up for the whole hour while engaging in fun aerobic routines to great music. Any level of fitness is able to attend. Do what your able and build strength and stamina over time. An exciting way to stay active, strengthen the body, and feel good! Masks are required until you enter the pool.

Activity #: 3513-111      Fee: \$115 RDF: \$100  
Dates: Feb. 27 - March 27  
Days: Sat.      Hours: 11:15 a.m. - 12:15 p.m.  
Location: Newark Senior Center

## NEW!

## THE STROLLER SOCIAL CLUB

### AGES 18 & OVER

### TORI PARUSZEWSKI

Calling all parents (women and men) of babies and young children who would like to get out to be social and stay active! Bring your little one with a stroller to be pushed on the trails at the Newark Reservoir while chatting with other parents. Topics of discussion can be anything from postpartum issues to the new great series on Netflix! Participants will walk socially distant from one another and masks are to be worn until we hit the trail. Participants must have their own stroller. Pre-registration required.

Activity #: 3500-101      Fee: \$30 RDF: \$25  
Dates: May 2 - 30  
Days: Sun.      Hours: 10 - 11 a.m.  
Location: Newark Reservoir