



# 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: \$75 RDF: \$58  
Days: Tue. & Thu.  
Hours: 10 - 11 a.m.  
Location: George Wilson Center

| Activity #: | Dates:                                      |
|-------------|---|
| 3620-303    | Sep. 7 - Oct. 12 (No Class 10/5)            |
| 3620-313    | Oct. 19 - Nov. 21                           |
| 3620-323    | Nov 28 - Jan. 4<br>(No class 12/26 & 12/28) |

| 5 Class option: | Fee: \$46 RDF: \$31                         |
|-----------------|---|
| 3620-333        | Sep. 7 - Oct. 12 (No class 10/5)            |
| 3620-343        | Oct. 19 - Nov. 21                           |
| 3620-353        | Nov 28 - Jan. 4<br>(No class 12/26 & 12/28) |

## 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.

## THE WHOLE SHA-BANG CARDIO

### AGES 16 & OVER

### TRAINING BY LIZ

This fun, upbeat workout benefits the whole body: heart, lungs, brain, bones, joints, muscles, immune system, circulation, range of motion, mood, sleep, energy level, weight management, stress reduction, stamina, and more! This class of low-impact moves incorporates stretching and balance exercises, and use of light weight dumbbells (optional) and can be tailored to suit your fitness level. Bring a water bottle and light weight dumbbells.

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

| Activity #: | Dates:            | Fee:                               |
|-------------|-------------------|------------------------------------|
| 3625-313    | Oct. 19 - Nov. 16 | \$75 RDF: \$58<br>(No class 10/26) |
| 3625-323    | Nov. 30 - Dec. 28 | \$86 RDF: \$68                     |



## FRIDAY MORNING YOGA

### AGES 18 & OVER

**ERIN DETWILER**

Join a therapeutic yoga class that focuses on breathing and movements to help you function at your best, physically, and mentally. Natural movements are used to gain and maintain mobility for basic daily activities and to relieve tension and pain in the body. Erin, your instructor, has a Master of Science in Yoga Therapy and she enjoys helping individualize the practice of yoga to meet each student's needs. Participants should be able to transition on and off the floor. Please bring your own mat, a blanket or towel, and wear flexible clothing. Other props (straps & blocks) are provided by the instructor.

Fee: \$68 RDF: \$51

Days: Fri.

Hours: 9 - 10:30 a.m.

Location: George Wilson Center

| Activity #: | Dates:           |
|-------------|------------------|
| 3522-303    | Sep. 8 - Oct. 6  |
| 3522-313    | Oct. 20 - Nov 17 |
| 3522-323    | Dec. 1 - 29      |



## OUTDOOR YOGA

### AGES 8 & OVER

**ERIN DETWILER**

*(under 12 must register with a participating parent)*

Yoga can be a great activity. This gentle class is held outside and is open to anyone ages 8 and over (under 12 must register with a participating parent). Flow through basic poses, breathing techniques and stretches in this hour-long class held at Hillside Park on Tuesday Evenings. A great way to end the day!

Activity #: 3614-303  
Dates: Sep. 12 - Oct. 10  
Days: Tue.  
Location Hillside Park

Fee: \$68 RDF: \$51  
Hours: 5 - 6 p.m.

## AUTHENTIC YOGA WITH MEETA | VIRTUAL

### 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.

Fee: \$69 RDF: \$51

Days: Wed.

Hours: 7 - 8 p.m.

Location: Virtual

| Activity #: | Dates:  |
|-------------|---|
| 3525-213    | Aug. 2 - Sep. 13 (No class 8/23 and 8/30)           |
| 3525-303    | Sep. 27 - Oct. 25                                   |
| 3525-313    | Nov. 8 - Dec. 27<br>(No class 11/22, 12/13 & 12/20) |

## MULTI-LEVEL YOGA

### AGES 18 & OVER

**ERIN DETWILER**

This multilevel yoga class is designed to exercise your body while relieving the stress of your day. You will strengthen your muscles and your cardiovascular system by using flowing therapeutic yoga movements linked together to promote overall fitness yet not requiring more than average flexibility. Erin, the instructor, has a Master of Science in Yoga Therapy and she enjoys helping individualize the practice of yoga to meet each student's needs. All levels are welcome; participants should be able to easily transition on and off the floor and to balance safely in two-legged standing yoga postures. Please bring your own mat, one blanket or towel, and wear flexible clothing. Other props (straps & blocks) are provided by the instructor.

Days: Mon.

Fee: \$68 RDF: \$51

Hours: 5:45 - 6:45 p.m.

Location: George Wilson Center

| Activity #: | Dates:                                     |
|-------------|--|
| 3608-303    | Sep. 11 - Oct. 9                           |
| 3608-313    | Oct. 23 -Nov. 20                           |
| 3608-323    | Nov. 27 - Jan. 8<br>(No class 12/25 & 1/1) |

## YOGA FOR STRESS RELIEF

### AGES 12 & OVER

### REBECCA NORTHROP

Combining gentle movement, breath work, and meditation, this yoga practice is designed to bring some balance to our often hectic yet sedentary lives. With gentle yoga postures, we'll create more ease and relaxation in our bodies. With meditation, breath work, and guided relaxation, we'll quiet our minds and reduce stress. No yoga experience needed. Please bring a yoga mat; you are also welcome to bring other props like blocks and straps.

Fee: \$68 RDF: \$51

Days: Thu.

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

Location: George Wilson Center

| Activity #: | Dates:                           |
|-------------|----------------------------------|
| 3508-303    | Sep. 7 - Oct. 12 (No class 9/21) |
| 3508-313    | Nov. 2 - Dec. 7 (No class 10/23) |
| 3508-323    | Dec. 14 - Jan. 11                |

## GENTLE YOGA

### AGES 12 & OVER

### REBECCA NORTHROP

Incorporating some standing poses and accessible core work, this class is a little more physically active than Yoga for Stress Relief. Combining gentle movement, breath work, and meditation, this yoga practice is designed to bring some balance to our often hectic yet sedentary lives. With gentle yoga postures, we'll create more ease and relaxation in our bodies. With meditation, breath work, and guided relaxation, we'll quiet our minds and reduce stress. No yoga experience needed. Please bring a yoga mat; you are also welcome to bring other props like blocks and straps.

Fee: \$68 RDF: \$51

Days: Thu.

Hours: 6:30 - 7:30 p.m.

| Activity #: | Dates:                           |
|-------------|----------------------------------|
| 3515-313    | Nov. 2 - Dec. 7 (No class 10/23) |
| 3515-323    | Dec. 14 - Jan. 11                |

## INTRODUCTION TO MEDITATION

### AGES 12 & OVER

### REBECCA NORTHROP

Interested in meditation but don't know where to begin? Do you have a meditation practice that's fallen off? This 5-week course will teach simple meditation techniques you can bring into your daily life. Each 30-minute class will have 2 guided meditations as well as a discussion on topics like how we can apply the principles of meditation in our day to day lives and the benefits of a meditation practice. We will mostly practice seated on the floor with the option to be in a chair. You're welcome to bring your own meditation cushion or other props for sitting. Gentle Yoga is offered immediately before this class at 6:30pm. You are welcome to sign up for both classes. This 5-week course can be repeated.

Fee: \$53 RDF: \$38

Days: Thu.

Hours: 7:45 - 8:15 p.m.

Location: George Wilson Center

| Activity #: | Dates:                           |
|-------------|----------------------------------|
| 3621-313    | Nov. 2 - Dec. 7 (No class 11/23) |
| 3621-323    | Dec. 14 - Jan. 11                |

## DRUMS ALIVE

### AGES 16 & OVER

### TRAINING BY LIZ

This irresistibly fun rhythmical workout combines easy to follow dance movements and percussion. Feel the rhythm in this full body cardio toning and core class with dynamic movements and drumming (no prior experience required). Added benefits are improvements in cognition, coordination, stress and anxiety reduction, as well as fostering a joyful spirit. This energetic and engaging class will leave you feeling empowered and energized. EveryBODY comes alive with Drums Alive! Bring your own stability ball and water bottle. Drumsticks provided.

Days: Thu.

Hours: 6 - 7 p.m.

Location: Newark Senior Center

| Activity #: | Dates:            | Fee:                               |
|-------------|-------------------|------------------------------------|
| 3607-313    | Oct. 19 - Nov. 16 | \$75 RDF: \$58<br>(No class 10/26) |
| 3607-323    | Nov. 30 - Dec. 28 | \$86 RDF: \$68                     |

## FITNESS FUSION BARRE

### AGES 16 & OVER

### TRAINING BY LIZ

This unique fusion of body sculpting exercises incorporates movements inspired by Ballet and Standing Pilates to enhance muscular strength and toning, flexibility, posture, balance and coordination. Target abs, hips, thighs, and glutes in this beautiful body workout. Bring your own mat and water bottle to class.

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

| Activity #: | Dates:            | Fee:                |
|-------------|-------------------|---------------------|
| 3645-313    | Oct. 30 - Nov. 27 | Fee: \$86 RDF: \$68 |
| 3645-323    | Dec. 4 - 18       | Fee: \$64 RDF: \$47 |

## POWER PILATES

### AGES 16 & OVER

### TRAINING BY LIZ

This moderate intensity total body workout focuses on your power-house core with both isolated and integrated movements to develop long lean muscles, flexibility, strength and endurance, and improved postural alignment. Coordinate breathwork with movement to enhance your mind-body connection in this strong but gentle class. (Based on traditional mat Pilates with the added benefit of resistance training.) Bring your own mat and lightweight dumbbells to class.

Fee: \$86 RDF: \$68  
Days: Wed.  
Hours: 6 - 7 p.m.  
Location: Newark Senior Center

| Activity #: | Dates:            |
|-------------|-------------------|
| 3622-313    | Nov. 1 - 29       |
| 3622-323    | Dec. 13 - Jan. 10 |

## RETROBICS FITNESS

### AGES 16 & OVER

### TRAINING BY LIZ

This hi/lo impact workout combines the fun of old-school aerobics, bodyweight training, and calisthenics. Burn calories, enhance agility and coordination, develop muscles' strength, tone and endurance all with equipment-free moves. Bring a water bottle. No props necessary.

Fee: \$86 RDF: \$68  
Days: Wed.  
Hours: 7 - 8 p.m.  
Location: Newark Senior Center

| Activity #: | Dates:            |
|-------------|-------------------|
| 3627-313    | Nov. 1 - 29       |
| 3627-323    | Dec. 13 - Jan. 10 |

## INTERPRETIVE DANCE WITH STRETCHING & CARDIO

### AGES 16 & OVER

### TRAINING BY LIZ

Experience the fun and creative expression in this dance workout as you learn movements to music using props such as streamers and scarves. Jazz up your cardio workout as you interpret the beat and let the rhythm move you! Bring your own mat for stretching time, 1 or 2 floaty silky scarves, and a water bottle. Streamers provided.

Days: Mon.  
Hours: 6 - 7 p.m.  
Location: Newark Senior Center

| Activity #: | Dates:            | Fee:                |
|-------------|-------------------|---------------------|
| 3609-313    | Oct. 30 - Nov. 27 | Fee: \$86 RDF: \$68 |
| 3609-323    | Dec. 4 - 18       | Fee: \$64 RDF: \$47 |

## ZUMBA DAYTIME

### AGES 16 & OVER

### ELAINE BOWNE

Are you an active adult looking for a fun class featuring Latin, Pop and Oldies music? This class is for you! Low to medium intensity. You will leave feeling strong and empowered. Bring a water bottle.

Fee: \$68 RDF: \$51  
Days: Mon.  
Hours: 11 a.m. - 12 p.m.  
Location: George Wilson Center

| Activity #: | Dates:                                     |
|-------------|--|
| 3528-303    | Sep. 25 - Oct. 23                          |
| 3528-313    | Oct. 30 - Nov. 27                          |
| 3528-323    | Dec. 4 - Jan. 15<br>(No class 12/25 & 1/1) |

## ZUMBA | EVENING

### AGES 16 & OVER

### HOLLIE DOSS

Latin infused cardio-dance fitness class. No equipment needed. Only bring a water bottle, towel (optional) & your smile.

Fee: \$68 RDF: \$51  
Days: Wed.  
Hours: 6 - 7 p.m.  
Location: George Wilson Center

| Activity #: | Dates:                            |
|-------------|-----------------------------------|
| 3511-313    | Nov. 8 - Dec. 13 (No class 11/22) |
| 3511-323    | Jan. 10 - Feb. 7                  |