



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. All routines are created by a well-qualified instructor using familiar music, and adaptable to all levels of fitness. Please bring an exercise mat and a pair of hand weights.

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Location: George Wilson Center

Activity #:	Dates:	Fee: \$85 RDF: \$67
3620-305	Sep. 11 - Oct. 14	
3620-325	Oct. 23 - Nov. 25	
3620-345	Dec. 4 - Jan. 15 (No class 12/25, 12/30, 1/1)	

5 Class option:	Fee: \$49 RDF: \$34
3620-315	Sep. 11 - Oct. 14
3620-335	Oct. 23 - Nov. 25
3620-355	Dec. 4 - Jan. 15 (No class 12/25, 12/30, 1/1)

FOUNDATIONS OF YOGA

AGES 12 & OVER

REBECCA NORTHPROP

Learn to find ease in your body, mind, and spirit. This class is both for brand new beginners and those wanting to refine and get back to basics. We'll lay a foundation of accessible, straightforward practices: asana (physical poses), pranayama (breath work), and meditation. The ability to safely move yourself on and off of the floor is needed for this class. Please bring a yoga mat. Rebecca is a deeply experienced yoga teacher in her 23rd year of teaching who is devoted to her personal practice and to leading welcoming and accessible classes with individualized instruction. Questions? Email: rebecca@rebeccafayeyoga.com.

Days: Wed.

Hours: 7:30 - 8:30 p.m.

Location: George Wilson Center (Dance Room)

Activity #:	Dates:	Fee: \$75 RDF: \$65
3520-305	Sep. 10 - Oct. 29 (No class 9/24, 10/22)	
3520-315	Nov. 5 - Dec. 17 (No class 11/26)	

GENTLE VINYASA YOGA

AGES 16 & OVER

VALERIE LANE

We will start with breath work, followed by sun salutations, asanas, vinyasa flows, and closing postures. Modifications will be given throughout practice, and props are welcome. This class is for all levels.

Days: Tue.

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

Location: George Wilson Center

Activity #:	Dates:	Fee: \$75 RDF: \$65
3523-305	Sep. 9 - Oct. 7	
3523-315	Oct. 14 - Nov. 11	
3523-315	Nov. 18 - Dec. 16	

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.

Location: Virtual

Activity #:	Dates:	Fee: \$76 RDF: \$57
3525-305	Sep. 3 - Oct. 1	
3525-315	Oct. 8 - Nov. 19 (No class 10/15 & 10/29)	

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. Zoom option is available for this class. Participants will be sent a link prior to the session beginning.

Days: Thu.

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

Location: George Wilson Center

Activity #:	Dates:	Fee:
3508-305	Sep. 4 - Oct. 9	\$93 RDF: \$78 6 classes
3508-315	Oct. 30 - Dec. 18 (No class 11/27)	\$105 RDF: \$90 7 classes

FIT AND FUN WITH LAUREN

ALL AGES

Come join us for a fun and exciting way to boost you up and put a pep in your step! This low to medium impact fitness class will invigorate your mind, body, and spirit, using music from all genres and styles. Whether your goal is to boost your cardio, stretching to gain more flexibility, or muscle toning, try something new and come for a good time!

Days: Mon.

Hours: 2 - 3 p.m.

Location: George Wilson Center

Activity #:	Dates:	Fee: \$132 RDF: \$115
3628-305	Sep. 8 - Oct. 27 (No class 9/22)	
3628-315	Nov. 3 - Dec. 15 (No class 11/24)	

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.

Days: Thu.

Hours: 9 - 10:30 a.m.

Location: George Wilson Center

Activity #:	Dates:	
3522-305	Sept. 5 - Nov. 7 (No class 9/26, 10/24)	\$105 RDF: \$90 8 classes
3522-315	Nov. 14 - Dec. 19 (No class 11/28)	\$70 RDF: \$60 6 classes

ZUMBINI

AGES INFANT-5

GABRIELLE VELEKEI

Zumbini is an early childhood education program that uses original music and movement to promote cognitive, social, fine/gross motor skills and emotional development for children ages infant-5, all while creating the ultimate bonding experience for families. Throughout the six-week program, your child will use instrument props as well as their body to fully immerse themselves in the individualistic music of Zumbini. Immerse yourself in 45 minutes of can't stop, won't stop bonding, learning and fun! Reach out about single class/try it options!

Activity #: 0350-305

Dates: Nov. 1 - Dec. 20

Days: Sat.

Location: George Wilson Center

Fee: \$220 RDF: \$198

(No class 12/6)

Hours: 9 - 9:45 a.m.

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.