



TOTAL FITNESS

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. A cool down and stretch will follow twenty-five minutes of aerobics adaptable to all levels of fitness. Please bring an exercise mat and a pair of hand weights, one to three pounds each. (Loaner weights will be available for the first class).

Fee: \$68 **RDF:** \$53

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Location: George Wilson Center

Activity #:

3620-307

3620-317

3620-108

Dates:

Sep. 7 - Oct. 31

(No class 10/10, 10/12, 10/17, 10/19)

Nov. 7 - Dec. 19

(No class 11/23)

Jan. 4 - 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: \$85 **RDF:** \$68

Days: Mon. & Wed.

Hours: 7 - 8 p.m.

Location: George Wilson Center

Activity #:

3626-307

3626-317

3626-108

Dates:

Sep. 11 - Oct. 18

Oct. 30 - Dec. 13

(No class 11/20 & 11/22)

Jan. 8 - Feb. 14

ZUMBA

ZUMBA

AGES 18 & OVER

JENNIFER PALACIO

Zumba is an international rhythm-based dance fitness program. A high-intensity, one-hour cardio workout that includes salsa, cha-cha, samba, cumbia, meringue, mambo, calypso, belly dance, Bollywood and much, much more! Anyone can do Zumba! Come to the party and dance your way into shape!

Days: Tue.

Hours: 7 - 8 p.m.

Location: George Wilson Center

Activity #:

3511-307

3511-317

Fee:

\$67 **RDF:** \$50

\$60 **RDF:** \$44

Dates:

Sep. 5 - Oct. 24

Nov. 7 - Dec. 19

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 2-3 lb. hand weights or even your body weight along with aerobic moves.

Days: Thu.

Hours: 7 - 8 p.m.

Location: George Wilson Center

Activity #:

3645-307

3645-317

Fee:

\$67 **RDF:** \$50

\$60 **RDF:** \$44

Dates:

Sep. 7 - Oct. 26

Nov. 2 - Dec. 21

(No class 11/23)

YOGA

EVENING AUTHENTIC YOGA

AGES 18 & OVER

MEETA 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.

Fee: \$61 **RDF:** \$45

Days: Wed.

Hours: 7 - 8 p.m.

Location: Newark Senior Center

Activity #:

3525-307

3525-317

Dates:

Sep. 6 - Oct. 25

Nov. 1 - Dec. 20

YOGA FOR STRESS

AGES 18 & OVER

VALERIE LANE

Looking to de-stress? Activities like yoga & meditation are the perfect ways to take some stress out of your life. Whether you are trying to find a better balance, your doctor recommended yoga, or you are looking for a little peace and quiet each week, this yoga class is for you! Through the session, we will move through stress-relieving yoga postures and practices, breathing exercises, and various types of meditation. This class is for beginners and advanced yoga practitioners alike, and varied forms of each pose will be given. Please bring a yoga mat, any props you have (such as blocks or straps), and a blanket.

Fee: \$68 **RDF:** \$56

Days: Thu.

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

Location: George Wilson Center

Activity #:

3508-307

3508-317

Dates:

Sep. 7 - Oct. 26

Nov. 2 - Dec. 28

(No class 11/23)

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 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 #: 3522-307

Dates: Sep. 22 - Dec. 15

Days: Fri.

Location: George Wilson Center

Fee: \$101 **RDF:** \$83

(No class 11/24)

Hours: 9 - 10:30 a.m.

