

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
Hours: 7 - 8 p.m.

Days: Mon. & Wed.
Location: George Wilson Center

Activity #

3626-117
3626-217
3626-227
3626-307
3626-317

Dates

March 27 - May 10
May 24 - July 5 (No class 5/29)
July 17 - Aug. 23
Sep. 11 - Oct. 18
Oct. 30 - Dec. 13 (No class 11/20 & 11/22)

EVENING AUTHENTIC YOGA

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.

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

Activity	Fee
3525-117	\$81 RDF: \$64
3525-207	\$81 RDF: \$64
3525-307	\$61 RDF: \$45
3525-317	\$61 RDF: \$45

Dates
April 5 - June 21 (No class 4/26 & 6/7)
July 5 - Aug. 16 (No class 7/19)
Sep. 6 - Oct. 25
Nov. 1 - Dec. 20

YOGA FOR STRESS

Ages 18 & over

Valerie Lane

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. Please bring a yoga mat, any props you have (such as blocks or straps), and a blanket.

Days: Thu. **Hours:** 7 - 8 p.m.
Location: George Wilson Center

Activity	Fee
3508-117	\$84 RDF: \$70
3508-207	\$83 RDF: \$66
3508-307	\$68 RDF: \$56
3508-317	\$68 RDF: \$56

Dates
April 6 - June 8
July 6 - Aug. 31
Sep. 7 - Oct. 26
Nov. 2 - Dec. 26 (No class 11/23)



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	Fee
3511-207	\$70 RDF: \$56
3511-217	\$20 RDF: \$33
3511-307	\$67 RDF: \$50
3511-317	\$60 RDF: \$44

Dates
May 2 - June 20
June 27 - July 18 (No class 7/4)
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	Fee
3645-207	\$70 RDF: \$56
3645-217	\$40 RDF: \$25
3645-307	\$67 RDF: \$50
3645-317	\$60 RDF: \$44

Dates
May 4 - June 22
June 29 - July 20
Sep. 7 - Oct. 26
Nov. 2 - Dec. 21 (No class 11/23)

STRONG BY ZUMBA - FREE TRIAL!

Ages 18 & over

Zumba Fitness is taking fitness up a notch by introducing STRONG BY ZUMBA. This music-led interval training is sure to get your heart pumping and give you a fast total body workout. Try the program out with the free one day class. Registration is not necessary, but is preferred.

Activity #: 3512-207 **Fee:** FREE
Dates: July 25
Days: Tue. **Hours:** 7 - 7:30 p.m.
Location: George Wilson Center