

FITNESS

CLASS LEVELS

Introductory – This course is offered to individuals who are new to the program. It teaches the basics to get participants used to terminology and moves.

Beginner – This course is for beginners or individuals who would like a low level course.

Intermediate – This course is for individuals who would like a bit of a challenge.

Advanced – This course is for individuals who would like a challenge or are comfortable with a high level class.

On-going – This class is a long-standing class that typically has multiple returning participants. New participants are always welcome and instructors help new students join in by breaking down movements and techniques.

INTENSITY LEVELS

Low – This course is not very intense cardiovascularly or muscularly.

Moderate – This course has some intensity, but is not overly difficult or demanding.

Intense – This course will challenge individuals with high cardiovascular or muscular demands.

Variable – This course may be modified for more or less intensity, depending on the needs of each student.

CLASS TYPES

Cardio – This course will get your heart pumping and help improve your cardiovascular health.

Strengthening – This course will build your muscles and help you to maintain muscle tone.

Flexibility – This course will help you improve or maintain your muscles' range of motion.

Combination – This course combines cardio, strengthening, and flexibility to give you a whole body workout.

FITNESS SHOWCASE

Ages 18 & over

Not sure what class to register for? That's OK. Join several of Newark Parks & Recreation's fitness instructors for mini sessions that showcase their classes on Saturday, August 27 beginning at 8:30 a.m. The sessions will allow participants to see not only the class intensity, but also get a feel for each instructor and how they conduct their class. This showcase is free, but pre-registration is suggested.

Activity #: 3601-306

Fee: Free

Dates: Aug. 27

Days: Sat.

Hours: 8:30 a.m.

Location: George Wilson Center

TOTAL BODY HOUR

Ages 16 & over

Gina Reich

Up beat music and interesting routines keep participants focused on your fitness. A body sculpting workout using weights, body resistance, challenging moves, repetitions and cardio work. Gina will get participants motivated and burning calories in no time. Participants should only bring a water bottle, hand weights and a large exercise ball to class.

CLASS LEVEL: Intermediate - Advanced

INTENSITY LEVEL: Intense

CLASS TYPE: Combination

AUG. - SEP.

Activity #: 3626-226

Fee: \$85 **RDF:** \$68

Dates: Aug. 8 - Sep. 26

(No class 8/24, 9/5, & 9/7)

Days: Mon. & Wed.

Hours: 7 - 8 p.m.

Location: George Wilson Center

OCT. - NOV.

Activity #: 3626-306

Fee: \$85 **RDF:** \$68

Dates: Oct. 3 - Nov 14

(No class 10/31)

Days: Mon. & Wed.

Hours: 7 - 8 p.m.

Location: George Wilson Center

NOV. - JAN.

Activity #: 3626-316

Fee: \$85 **RDF:** \$68

Dates: Nov. 28 - Jan. 16

(No class 11/30, 12/26 & 28)

Days: Mon. & Wed.

Hours: 7 - 8 p.m.

Location: George Wilson Center

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. 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 for the first class).

CLASS LEVEL: Intermediate

INTENSITY LEVEL: Moderate

CLASS TYPE: Combination

SEP. - OCT.

Activity #: 3620-306

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

Dates: Sep. 6 - Oct. 27

(No class 9/13, 10/4 & 10/6)

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Location: George Wilson Center

NOV. - DEC.

Activity #: 3620-316

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

Dates: Nov. 1 - Dec. 15

(No class 11/8 & 11/24)

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Location: George Wilson Center

JAN. - FEB.

Activity #: 3620-107

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

Dates: Jan. 5 - Feb. 14

Days: Tue. & Thu.

Hours: 10 - 11 a.m.

Location: George Wilson Center

MULTI-LEVEL YOGA THURSDAYS

Ages 18 & over

Valerie Lane

For anyone interested in yoga, this class will focus on breath through a flow of standing and seated poses. The class will explore different styles and numerous adjustments and options for each pose will be given, making this class adaptable for any level of experience. Props are welcome but not required. Participants should bring a yoga mat, plenty of water, and a towel.

CLASS LEVEL: On-going

INTENSITY LEVEL: Variable

CLASS TYPE: Combination

JULY - SEP.

Activity #: 3508-236

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

Dates: July 28 - Sep. 22

Days: Thu.

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

Location: George Wilson Center

OCT. - DEC.

Activity #: 3508-326

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

Dates: Sep. 29 - Dec. 1

(No class 10/27 & 11/24)

Days: Thu.

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

Location: George Wilson Center

FRIDAY MORNING YOGA

Ages 18 & over

Kathleen Wright

In this class, Yoga breathing and stretching is taught to help participants function at their best, physically and mentally. The instructor will work on different postures and areas of the body with every class. 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.

CLASS LEVEL: On-going

INTENSITY LEVEL: Variable

CLASS TYPE: Combination

SEP. - DEC.

Activity #: 3522-306

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

Dates: Sep. 9 - Dec. 16

(No class 11/25)

Days: Fri.

Hours: 9 - 10:30 a.m.

Location: George Wilson Center

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FITNESS

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. 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. Participants can try the class for a fee of \$8.

CLASS LEVEL: On-going

INTENSITY LEVEL: Low - Variable

CLASS TYPE: Flexibility

SEP. - NOV.

Activity #: 3525-306

Fee: \$81 RDF: \$64

Dates: Sep. 14 - Nov. 30

(No class 10/26 & 11/23)

Days: Wed.

Hours: 7 - 8 p.m.

Location: Newark Senior Center

JAN. - MARCH

Activity #: 3525-107

Fee: \$81 RDF: \$64

Dates: Jan. 4 - Mar. 15

(No class 2/8)

Days: Wed.

Hours: 7 - 8 p.m.

Location: Newark Senior Center

ZUMBA

Ages 18 & over

Jennifer Palacio

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

CLASS LEVEL: Beginner

INTENSITY LEVEL: Moderate

CLASS TYPE: Combination

SEP. - NOV.

Activity #: 3511-306

Fee: \$70 RDF: \$56

Dates: Sep. 6 - Nov. 1

(No class 9/13)

Days: Tue.

Hours: 7 - 8 p.m.

Location: George Wilson Center

NOV. - DEC.

Activity #: 3511-316

Fee: \$53 RDF: \$42

Dates: Nov. 15 - Dec. 20

Days: Tue.

Hours: 7 - 8 p.m.

Location: George Wilson Center

JAN. - FEB.

Activity #: 3511-107

Fee: \$70 RDF: \$56

Dates: Jan. 3 - Feb 21

Days: Tue.

Hours: 7 - 8 p.m.

Location: George Wilson Center

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 1-3lb toning sticks, hand weights or even your body weight along with aerobic moves.

CLASS LEVEL: Intermediate

INTENSITY LEVEL: Intense - Variable

CLASS TYPE: Combination

SEP. - OCT.

Activity #: 3645-306

Fee: \$70 RDF: \$56

Dates: Sep. 8 - Oct. 27

Days: Thu.

Hours: 7 - 8 p.m.

Location: George Wilson Center

NOV. - DEC.

Activity #: 3645-316

Fee: \$53 RDF: \$42

Dates: Nov. 10 - Dec 22

Days: Thu.

Hours: 7 - 8 p.m.

Location: George Wilson Center

JAN. - FEB.

Activity #: 3645-306

Fee: \$70 RDF: \$56

Dates: Jan. 5 - Feb 23

Days: Thu.

Hours: 7 - 8 p.m.

Location: George Wilson Center