

FREE HEALTH AND FITNESS FOR THE WHOLE FAMILY

In an effort to getting more people outside and moving this summer, the Clifton Recreation Department will be providing **FREE** health and fitness classes for the month of July and August at Jubilee Park (1355 Clifton Avenue).

Join us for some fun outdoor fitness for youth through seniors.

There is no registration necessary and there are no rain dates planned. Simply show up and participate! In the event of inclement weather, please call our weather hotline at (973) 470-5680.

Summer Family Yoga - Youth, Teen & Adult

This class allows the whole family to experience a yoga practice together. You can expect a different theme each class, fun flows, games, partner poses, music, and lots of fun. Make it a family tradition to do yoga with your kids.. Instruction by: Powerflow Yoga.

Summer Meditation - Teen & Adult

Become more focused and aware. Improve clarity, inner peace, stillness and relaxation through meditation. Instruction by: Nick Te Nyenhuis.

Summer T'ai Chi Chih - Teen & Adult

This class is a mix of meditation and movement that focuses on balance and the circulation of energy known in Chinese philosophy as chi. Improve your circulation, respiratory efficiency, coordination, flexibility and balance while reducing stress as you get your body and mind into balance with each other. Instruction by: Fran Warren.

Summer Zumba Fitness - Teen & Adult

Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Get fit and see your energy levels soar. It's easy to do, effective, fun and totally exhilarating. Instruction by: Katty Godoy, a Certified Zumba instructor.

Summer Zumba Gold – Adult

Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Instruction by: Katty Godoy, a Certified Zumba Gold instructor.

Summer Zumba Kids – Youth

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba Kids helps to develop a healthy lifestyle and make fitness fun. Instruction by: Katty Godoy, a Certified Zumba instructor.

July 2018

Tue	Wed	Thu
3	4 Independence Day CLOSED	5
10 Family Yoga 6:30—7:30 pm	11 Meditation 6:30—7:30 pm	12 Walk and Talk 4:30—5:30 pm Zumba Gold 5:30—6:30 pm Adult Zumba 6:30—7:30 pm
17 Family Yoga 6:30—7:30 pm	18 Meditation 6:30—7:30 pm	19 Walk and Talk 4:30—5:30 pm Zumba Gold 5:30—6:30 pm Adult Zumba 6:30—7:30 pm
24 Family Yoga 6:30—7:30 pm	25 Meditation 6:30—7:30 pm	26 Walk and Talk 4:30—5:30 pm T'ai Chi Chih 6:30—7:30 pm
31 Family Yoga 6:30—7:30 pm		

August 2018

Tue	Wed	Thu
	1	2 Walk and Talk 4:30—5:30 pm T'ai Chi Chih 6:30—7:30 pm
7 Family Yoga 6:30—7:30 pm	8 Meditation 6:30—7:30 pm	9 Walk and Talk 4:30—5:30 pm Zumba Gold 5:30—6:30 pm Adult Zumba 6:30—7:30 pm
14 Kids Zumba 5:30—6:30 pm Family Yoga 6:30—7:30 pm	15 Meditation 6:30—7:30 pm	16 Walk and Talk 4:30—5:30 pm Zumba Gold 5:30—6:30 pm Adult Zumba 6:30—7:30 pm
21 Kids Zumba 5:30—6:30 pm Family Yoga 6:30—7:30 pm	22 Meditation 6:30—7:30 pm	23 Walk and Talk 4:30—5:30 pm Zumba Gold 5:30—6:30 pm Adult Zumba 6:30—7:30 pm
28 Kids Zumba 5:30—6:30 pm Family Yoga 6:30—7:30 pm	29	30