

# 2023 Exercise Class Summaries

(Weather Permitting)

## Yoga: through September – Note different classes & times



### Sunrise Yoga

**Summer on the Beach: 6:00 a.m.**

**May 26th – September 4th**

Daily off Garfield Parkway

\$10/person.

**Spring/Fall on the Bandstand: 6:30 a.m.** Groups of 4 or more by appointment only; email to request day (bethanybeachyoga@hotmail.com)

This is the 20<sup>th</sup> year that **RYT Certified Teachers** from **Bethany Beach Yoga Center** have been teaching this class to contribute to the community's health and well-being. Instructors Susan Maddox, Lori Roe, Tracy Southard, Georgette Rhoads & Pat Wood engage participants with asanas and flowing movement and/or Sun Salutations. Limited mats available, please bring your own, if possible. **Classes will run spring through fall.**



**(2) Daily on the BEACH off Central Ave, 7 a.m.;**  
\$10/person.

**500 ERYT-certified instructors** Kim and Justin Cavagnaro opened **Ocean Vayu Yoga** in 2016 with a combined 30+ years of yoga experience and 14+ years of teaching yoga. All of the instructors employed by Ocean Vayu Yoga are certified under the Yoga Alliance. The classes will be available **daily thru Labor Day and weekends May 27<sup>th</sup> to July 11<sup>th</sup> and September 2<sup>nd</sup>**

**to September 24<sup>th</sup>.** Classes feature gentle beach flow suitable to all levels.



[1:](#)

**days, 8 a.m.** on the beach off Garfield Parkway starting

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### [outcamp on the Beach:](#)

**Mondays, Thursdays, Saturdays, 8 a.m.** on the beach off Garfield Parkway starting May 1<sup>st</sup>.

**Tuesdays & Fridays, 7 a.m.** on the beach off Parkwood Street starting June 22<sup>nd</sup>  
\$10/person.

This is the ninth year this program is being offered in Bethany Beach. The instructor is Trevor



Hurd, **CSCS Certified Strength and Conditioning Specialist** and owner of **Coastal Athlete**, 97 Garfield Pkwy. The class is for men, women, boys and girls, 12 and up, all fitness levels. The workout allows participants to challenge themselves and work as a fitness team. It offers a combination of body weight training, calisthenics, speed and agility training, core training, functional strength training, and flexibility work. No weights, just hard work. Classes run through October 1<sup>st</sup>.

### [Pilates on the Beach:](#)

**Tuesdays, Wednesdays, and Fridays, 8 a.m. on the BEACH off Garfield;**  
**\$15/person.**

This is the 12<sup>th</sup> year offering this class by Kelly Roberts, **BASI Certified Pilates Instructor** and owner of **Beach Pilates and Wellness Studio** of South Bethany. Participants overlook the ocean while they build a stronger body, develop long lean muscles, increase core strength, and improve overall health and well-being. The class also offers benefits for golfers, chronic pain and illness, osteoporosis, and prenatal/postnatal conditions. Classes run Memorial Day week through Labor Day week.

## **CLASSES IN CENTRAL PARK**

CustomFit360 is proposing to teach 2 different classes in the park. Taught by certified personal trainers/fitness Instructors, each will incorporate music using a Bluetooth speaker.  
\$10/person/class

**Total Body Functional Fitness – Mondays and Wednesdays, 8a.m; Saturdays, 7 a.m.** on the grass; Great for all fitness levels, this total body, interval, strength training class will improve

core strength, increase flexibility, and burn major calories using use resistance bands, kettlebells, and body weight.

**Pilates – Saturdays, 8 a.m.** on the grass on yoga mats (provided); a low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. This full-body workout targets core muscles with precise movements and breath control.



## Marine Science Camp

Marine Scientist and founder of the New Logic Marine Science Camp, Sherri Paris is entering her 16<sup>th</sup> year of offering award-winning summer camps In New Jersey, Delaware, and Maryland. This will be the fourth year in Bethany Beach. (Each year has sold out every week.) Camp will be offered Monday – Friday, 9:00am-2:00pm for a fee of \$400/camper/week, camp T-shirt included. 2-3 days will be spent at an assigned Bethany Beach area, 1 day at the Nature Center and 2 days at James Farm or equivalent.

Proposed dates and times are:

**June 26 - 30 (K-8th)**

**July 24 – 28 (K-8th)**

**July 24 – 28 (6th-Teen)**

**August 7 – 11 (K-8th)**

Camp activities include marine ecology education, water sampling and quality testing, plant and animal identification, study of tides along with preservation of our Ocean and Bays. Campers will have a daily scientific routine, followed by “field experiments” that corresponds with the camp topic that day. In addition, New Logic is involved with several Citizen Science opportunities which involve collecting data for ongoing research. Campers will be aiding other scientists by collecting and recording this data to submit for further research.