



"National Park and Recreation Month is the perfect opportunity to highlight the beauty of our open spaces, the importance of recreation facilities and the positive impact they have on our wellness and quality of life. The area overlooking the Orange Reservoir provides a beautiful and unique spot to host a diverse lineup of activities to exercise, entertain and inspire you. We invite the public to celebrate with us and look forward to seeing you at our upcoming events"

Joseph N. DiVincenzo, Jr.



**Joseph N. DiVincenzo, Jr., Essex County Executive
and the Board of County Commissioners
Invite You to**

**Free
Events!**

Wellness on the Waterfront 2024

Essex County South Mountain Recreation Complex Clipper Pavilion, Cherry Lane

Essex County celebrates Parks and Recreation Month with free weekly activities at the Waterfront in the Essex County South Mountain Recreation Complex

Mondays Full Body Hiit: July 8, 15, 22, 29 at 6:30pm

Join the group and get in shape!

Tuesdays Jammin' in July: July 9, 16, 23, 30 at 7pm

Elevate your Waterfront experience with music. The schedule is as follows:

July 9: Chatham Community Band

July 23 : Maplewood Community Band

July 16: West Orange Community Band

July 30 : Sterling Sample Drumming

Thursdays Yoga for Adults: July 11, 18, 25 at 6:30pm

These classes are suitable for both beginners and seasoned yoga practitioners. Bring a yoga mat and dress comfortably. Classes are held rain or shine

Wednesday and Thursday Nights in July

Family Fun Night at Essex County Turtle Back Zoo.

The Zoo has extended hours on Wednesdays and Thursdays to 8pm.

Last admission 7pm. turtlebackzoo.com

FOR MORE INFORMATION VISIT www.essexcountynj.org

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