



*"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**



# Wellness on the Waterfront

## 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 Essex County South Mountain Reservation

### **Mondays** **Yoga for Adults: July 11, 18, 25; August 1, 8, 15 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

### **Tuesdays** **Jammin' in July: July 5, 12, 19, 26; August 2, 9, 16 at 7pm**

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

July 5: Chatham Community Band

August 2: Apex Ensemble Monclair Orchestra

July 12: West Orange Community Band

August 9: Chris Barry Music

July 19: Maplewood Concert Band

August 16: Sterling Sample, Steel Drummer

July 26: Peter & The Master Key

### **Wednesdays** **ZOO-VIES: July 6, 13, 20, 27; August 3, 10, 17 - films begin at dusk**

Movies under the stars on the rooftop of our Turtle Back Zoo parking deck. Bring your own lawn chair. Rain cancels. The location is at TBZ not the Clipper Pavilion. For a complete schedule, visit [EssexCountyNJ.org](http://EssexCountyNJ.org)

### **Thursdays** **Full Body Workout: July 7, 14, 21, 28 at 6:30pm**

*Join the group and get in shape!*

FOR MORE INFORMATION VISIT [www.essexcountynj.org](http://www.essexcountynj.org)

| Putting Essex County First

