



### Seasonal Eats!

**Mondays • 1:00-2:00 pm • NO CLASS July 27**  
In-Person and Virtual Class Options



### StrongHer Pilates - Girls, Ages 12-18

**Mondays • 4:30-5:30 pm**  
In-Person Class



### Athletic Conditioning - Ages 12-18

**Mondays • 5:30-6:30 pm**  
In-Person Class



### Little Movers - Age 4-7

**Mondays & Wednesdays • 12:00-12:45 pm • NO CLASS July 1**  
In-Person Class



### Summer Fitness Challenge - Ages 8-14

**Mondays & Wednesdays • 1:00-2:00 pm • NO CLASS July 1**  
In-Person Class



### Happy Feet Fitness - Ages 3-7

**Saturdays • 9:00-9:45 am • NO CLASS July 4**  
In-Person Class



### Cardio Kids Jam - Ages 7-13

**Saturdays • 10:00-11:00 am • NO CLASS July 4**  
In-Person Class only



### Nutrition 101

**Wednesday, July 1 • 2:00-3:00 pm**  
In-Person and Virtual Class Options



### Heart Health Nutrition

**Wednesday, July 8 • 2:00-3:00 pm**  
In-Person and Virtual Class Options



### Healthy Kids in Hannah's Kitchen - Ages 8-12

**Tuesday, July 21 • 4:30-5:30 pm**  
In-Person Class



### Weight Loss Surgery Cooking Demo

**Wednesday, July 22 • 12:00-1:00 pm**  
In-Person Class



### My First Cooking Class in Hannah's Kitchen - Ages 5-7

**Saturday, July 25 • 9:30-10:30 am**  
In-Person Class



### Taste Testers in Hannah's Kitchen - Ages 2-4

**Saturday, July 25 • 11:00-11:45 am**  
In-Person Class

## REV. DR. RONALD B. CHRISTIAN COMMUNITY HEALTH & WELLNESS CENTER

# JULY 2026 CALENDAR

Programs  
are **free** and  
open to all

Full list of classes  
on page 2

For class links or more information  
contact: **Molly Fallon Dixon, MS, RDN:**  
**973-926-7371** or [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@rwjbh.org)

*\* Hybrid classes meet same date & time  
in-person and virtually.*



**Newark Beth Israel  
Medical Center**



## Rev. Dr. Ronald B. Christian Community Health & Wellness Center

### In-Person Classes

#### Seasonal Eats! \*Hybrid

**Mondays | 1:00-2:00 pm | NO CLASS July 27**

Simple recipes using local farm fresh food.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### StrongHer Pilates

**Mondays | 4:30-5:30 pm**

Fitness and empowerment activities for skill development; Girls, Ages 12-18.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Athletic Conditioning

**Mondays | 5:30-6:30 pm**

Aspiring athletes will learn proper strength training technique; Ages 12-18.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Little Movers

**Mondays & Wednesdays | 12:00-12:45 pm | NO CLASS July 1**

Energy and imagination packed classes for fun and movement!

Kids ages 4-7.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Summer Fitness Challenge

**Mondays & Wednesdays | 1:00-2:00 pm | NO CLASS July 1**

Weekly challenges focused on strength, agility and endurance.

Kids ages 8-14.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Happy Feet Fitness

**Saturdays | 9:00-9:45 am | NO CLASS July 4**

Fitness class for little ones who need to move! Ages 3-7.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Cardio Kids Jam

**Saturdays | 10:00-11:00 am | NO CLASS July 4**

Kids program to improve mobility, flexibility and coordination; Ages 7-13.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Nutrition 101 \*Hybrid

**Wednesday, July 1 | 2:00-3:00 pm**

Nutrition basics to expand your knowledge.

To register, Email [April.Milevski@rwjbh.org](mailto:April.Milevski@rwjbh.org)

#### Heart Health Nutrition \*Hybrid

**Wednesday, July 8 | 2:00-3:00 pm**

Healthy cooking to eat smart and support your heart.

To register, Email [April.Milevski@rwjbh.org](mailto:April.Milevski@rwjbh.org)

#### Healthy Kids in Hannah's Kitchen

**Tuesday, July 21 | 4:30-5:30 pm**

Healthy cooking for ages 8-12 with a parent/guardian.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Weight Loss Surgery Cooking Demo

**Wednesday, July 22 | 12:00-1:00 pm**

Join Andrea, Bariatric Dietitian, for post-surgery recipe tips.

To register, Email [Andrea.Jobst@rwjbh.org](mailto:Andrea.Jobst@rwjbh.org)

#### My First Cooking Class in Hannah's Kitchen

**Saturday, July 25 | 9:30-10:30 am**

Healthy cooking for ages 5-7 with a parent/guardian.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

#### Taste Testers in Hannah's Kitchen

**Saturday, July 25 | 11:00-11:45 am**

Mommy & me style cooking class for ages 2-4 with a parent/guardian.

To register, Email [Alyssa.Smolen@rwjbh.org](mailto:Alyssa.Smolen@rwjbh.org)

### Virtual Classes

#### Senior Wellness Connection

**Mondays | 10:00-11:00 am | NO CLASS July 27**

How to stay strong and healthy through the years.

To register, call: 973-926-6771

#### Smoking Cessation Support Group

**Mondays | 7:00-7:45 pm**

Tobacco cessation support group.

To register, Call: 833-795-QUIT

OR Email [QuitCenter@rwjbh.org](mailto:QuitCenter@rwjbh.org)

#### Prenatal Yoga with Ignite One

**Saturdays | 12:00-1:00 pm | NO CLASS July 4**

Gentle Yoga for expecting moms.

To register, Email [Molly.Fallon@rwjbh.org](mailto:Molly.Fallon@rwjbh.org)

#### Peak Performance

**Thursdays | 1:00-2:00 pm | NO CLASS July 2**

Virtual fitness for teens combining strength, agility and beyond. Ages 12-18.

To register, Email [Kerri.Likakis@rwjbh.org](mailto:Kerri.Likakis@rwjbh.org)

#### Weight Loss Surgery Support Group

**Wednesday, July 8 | 12:00-1:00 pm**

Join Andrea, Bariatric Dietitian, for the ins and outs of weight loss surgery.

To register, Email [Andrea.Jobst@rwjbh.org](mailto:Andrea.Jobst@rwjbh.org)

All in-person classes meet at the:

Rev. Dr. Ronald B. Christian Community Health & Wellness Center  
176 Lyons Ave., Newark NJ 07112