

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

NOVEMBER 2026 CALENDAR

Programs are free and open to all

Full list of classes on page 2

For class links or more information contact: **Kerri Likakis, MS, RDN**: **973-926-7371** or **Kerri.likakis@rwjbh.org**

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

RWJBarnabas HEALTH

Newark Beth Israel Medical Center

Seasonal Eats!
Mondays • 1:00-2:00 pm • NO CLASS Nov 30
In-Person and Virtual Class Options

Yogalates - Ages 10-18
Mondays • 4:30-5:30 pm
In-Person Class



Athletic Conditioning - Ages 10-18
Mondays • 5:30-6:30 pm
In-Person Class



Happy Feet Fitness - Ages 3-7
Saturdays • 9:00-9:45 am
In-Person Class



Nutrition 101 • A Six Class Series
Wednesday Nov 4 and Nov 18 • 2:00-3:00 pm
In-Person and Virtual Class Options



My First Cooking Class in Hannah's Kitchen - Ages 5-7
Saturday, Nov 14 • 9:30-10:30 am
In-Person Class



Taste Testers in Hannah's Kitchen - Ages 2-4
Saturday, Nov 14 • 11:00-11:45 am
In-Person Class



Healthy Kids in Hannah's Kitchen - Ages 8-12
Tuesdays • 4:30-5:30 pm
In-Person Class



Heart Health Nutrition
Wednesday, Nov 11 • 2:00-3:00 pm
In-Person and Virtual Class Options



Weight Loss Surgery Cooking Demo
Wednesday, Nov 18 • 12:00-1:00 pm
In-Person Class



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

In-Person Classes

Seasonal Eats! *Hybrid
Mondays | 1:00-2:00 pm • NO CLASS Nov 30
Simple recipes using local farm fresh food.
To register, Email Alyssa.Smolen@rwjbh.org

Yogalates
Mondays | 4:30-5:30 pm
A low-impact hybrid workout that blends the core-strengthening of Pilates with the flexibility, breathwork, and mindful flow of Yoga. Boys are girls ages 10-18.
To register, Email Kerri.Likakis@rwjbh.org

Athletic Conditioning
Mondays | 5:30-6:30 pm
Aspiring athletes will learn proper strength training technique; Ages 10-18.
To register, Email Kerri.Likakis@rwjbh.org

Happy Feet Fitness
Saturdays | 9:00-9:45 am
Fitness class for little ones who need to move! Ages 3-7.
To register, Email Kerri.Likakis@rwjbh.org

Cardio Kids Jam
Saturdays | 10:00-11:00 am
Kids program to improve mobility, flexibility and coordination; Ages 7-13.
To register, Email Kerri.Likakis@rwjbh.org

Nutrition 101 *Hybrid • A Six Class Series
Wednesday Nov 4 and Nov 18 | 2:00-3:00 pm
Nutrition basics to expand your knowledge.
To register, Email April.Milevski@rwjbh.org

My First Cooking Class in Hannah's Kitchen
Saturday, Nov 14 | 9:30-10:30 am
Healthy cooking for ages 5-7 with a parent/guardian.
To register, Email Alyssa.Smolen@rwjbh.org

Taste Testers in Hannah's Kitchen
Saturday Nov 14 | 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

Healthy Kids in Hannah's Kitchen
Tuesdays | 4:30-5:30 pm
Healthy cooking for ages 8-12 with a parent/guardian.
To register, Email Alyssa.Smolen@rwjbh.org

Heart Health Nutrition *Hybrid
Wednesday, Nov 11 | 2:00-3:00 pm
Healthy cooking to eat smart and support your heart.
To register, Email April.Milevski@rwjbh.org

Weight Loss Surgery Cooking Demo
Wednesday, Nov 18 | 12:00-1:00 pm
Join Andrea, Bariatric Dietitian, for post-surgery recipe tips.
To register, Email Andrea.Jobst@rwjbh.org

Virtual Classes

Senior Wellness Connection
Mondays | 10:00-11:00 am
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

Prenatal Yoga with Ignite One
Saturdays | 12:00-1:00 pm
Gentle Yoga for expecting moms.
To register, Email Kerri.likakis@rwjbh.org

Teen Fitness
Saturdays | 11 am - 12 pm
Virtual Fitness for teens combining strength flexibility and agility. Ages 12-18.
To register, Email Kerri.Likakis@rwjbh.org

Weight Loss Surgery Support Group
Wednesday, Nov 11 | 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

*Hybrid classes meet same date & time in-person and virtually.
All in-person classes meet at the:
Rev. Dr. Ronald B. Christian Community Health & Wellness Center
176 Lyons Ave., Newark NJ 07112

RWJBarnabas HEALTH | Newark Beth Israel Medical Center

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