



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

SEPTEMBER 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](mailto:Kerri.Likakis@rwjbh.org):
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 Sept 7
In-Person and Virtual Class Options



Yogalates - Ages 10-18

Mondays • 4:30-5:30 pm • NO CLASS Sept 7
In-Person Class



Athletic Conditioning - Ages 10-18

Mondays • 5:30-6:30 pm • NO CLASS Sept 7
In-Person Class



Happy Feet Fitness - Ages 3-7

Saturdays • 9:00-9:45 am • NO CLASS Sept 5
In-Person Class



Nutrition 101

Wednesday, Sept 2 • 2:00-3:00 pm
In-Person and Virtual Class Options



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

Saturday, Sept 19 • 9:30-10:30 am
In-Person Class



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

Saturday, Sept 19 • 11:00-11:45 am
In-Person Class



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

Tuesday, Sept 15 and 29 • 4:30-5:30 pm
In-Person Class



Heart Health Nutrition

Wednesday, Sept 9 • 2:00-3:00 pm
In-Person and Virtual Class Options



Weight Loss Surgery Cooking Demo

Wednesday, Sept 23 • 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 Sept 7

Simple recipes using local farm fresh food.

To register, Email Alyssa.Smolen@rwjbh.org

Yogalates

Mondays | 4:30-5:30 pm • NO CLASS Sept 7

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 • NO CLASS Sept 7

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 | NO CLASS Sept 5

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 | NO CLASS Sept 5

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

To register, Email Kerri.Likakis@rwjbh.org

Nutrition 101 *Hybrid

Wednesday, Sept 2 | 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, Sept 19 | 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, Sept 19 | 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

Tuesday, Sept 15 and Sept 29 | 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, Sept 9 | 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, Sept 23 | 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 • NO CLASS Sept 7

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, Sept 9 | 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