Spring Get-On-Up-and-Move-a-Thon

Hot Moves, Cool Instructors, Best Workouts in Town! No previous dance experience required

Saturday, May 3, 2014 • 1-4 PM
Charles H. Bullock School Gymnasium 55 Washington St., Montclair, NJ 07042
Registration begins at 12:00 Noon • Come early to guarantee a great spot
Cost: $20 (cash or check) at the door

Please join us to support Montclair's premiere mentoring program with a delicious blend of Mayan Rejuvenation Rites, Zumba®, Soul Line Dancing, Cardio Kickboxing, West African Dance and Yoga workouts from some of the area's top instructors!

FREE Yoga mats to the first 25 adults in the door
FREE Blood Pressure and Body Mass Index Screenings from Hackensack UMC Mountainside
Water and Healthy Snacks for Sale! A Variety of Vendors with Healthy Products!

Work it Out!

1:00-1:25 Mayan Rejuvenation Rites with Rev. Safiya Oni Brown
This ancient system of flowing movements melts internal stress, strengthens your core and massages the muscles, creating a strong, lean body that acts years younger than its age. Just 10 minutes a day to a healthier, stronger, stress free, beautiful you. Led by Rev. Safiya Oni Brown, a spiritual advisor, certified spiritual nutrition counselor, therapeutic floristry practitioner, certified Reiki master and holistic health counselor with Radiant Alchemy.

1:30-1:55 Zumba® with Jackie Coller-Thomas
Ditch the workout and join the fun with a fun and fabulous Zumba® workout that provides great benefits in a joyous blast of calorie burning, body energizing, awe inspiring movements meant to engage and captivate for life! Jackie Coller-Thomas is a fitness veteran who has taught aerobics, step, spin, sculpting and more before discovering Zumba® and sharing it with hundreds throughout the area.

2:00-2:25 Line Dancing with Danielle “Ms. Dee” Inman, “Step4Step” Soul Line Dancers
A non-traditional form of exercise targeted to increase heart rate while having fun. Dance-a-licious is a fun word for being happy while being active. A line dancing step routine can be equivalent to a hearty jog! Danielle “Ms. Dee” is a member of Step4Step Soul Line Dancers of NJ. She and her co-founders provide soul line dance classes throughout the region, emphasizing friendship, fun and health benefits. Our Motto is: We Get It In!

2:30-2:55 West African Dance with Kamille King
Enjoy West African Dance, which incorporates traditional dances with new moves and rhythms and has influenced many popular dance forms including hip hop, salsa and jazz. Kamille King has studied many forms of dance and been a member of the Usama Dance Company with Karen Love. She has studied with many top dancers and now teaches at the Sharon Miller Academy of Performing Arts (SMAPA) in Montclair, and is a teaching artist and choreographer for Irvington High School, Gilliam Street Community, and several elementary schools in Montclair and East Orange, New Jersey.

3:00-3:25 Cardio Kickboxing with Stephanie Jones
Cardio Kickboxing, an invigorating total-body workout to sculpt, tone, energize and get you ready for warm-weather fashions, with Stephanie Jones, a National Academy of Sports Medicine certified personal trainer and certified fitness instructor (kickboxing, group fitness, boot camp, Pilates, senior fitness and yoga) who teaches widely in the area.

3:30-3:55 Yoga with Karen Love
Yoga with Karen Love is a Hindu spiritual and ascetic discipline widely practiced for health and relaxation that includes breath control, simple meditation and adopting healthy body postures. She is the owner of Umoya Dance Studio in Westwood, NJ, directs the dance program at Hillside High School and is an adjunct professor at Montclair State University, a former faculty member in the Junior Division at The Alvin Ailey American Dance Theatre, and a certified Pilates and Yoga instructor.

The Get-On-Up-and-Move-a-Thon fundraiser supports Sister to Sister, Montclair’s leading teen mentoring program, which empowers teen women by promoting positive self-esteem, self-confidence and healthy lifestyles through safe and nurturing relationships with adult female mentors.

Sister to Sister is partially funded by The Montclair Board of Education, The Montclair Fund for Educational Excellence, Montclair Community Intervention Alliance (GCADA), and Investors Bank. In-kind services are provided by The Montclair Board of Education, The Montclair Public Library, Montclair Department of Recreation, and Hackensack UMC Mountainside.

Special thanks to Evelyn Gay and Pamela Swann Lewis for their generous donations to this event. Promotional Designs by Pisces Times Two.

NOTE: Each fitness segment will be 25 minutes long, with 5-minute water breaks in between. Beverages can be consumed in the cafeteria, but not in the gym where the workouts will take place. We will have water and healthy snacks for sale. Soft-soled shoes only on gym floor please.

Call 973.687.6804 for more information or email stsbutterfly@gmail.com

Plenty of FREE parking across from the school!