



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 Chosen Freeholders



Invite You to

# Wellness on the Waterfront

**Free  
Admission!  
JULY ONLY**



**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 South Mountain Reservation.

## Mondays

**YOGA for Adults 6:30pm – 7:45pm**

These classes are suitable for both beginners and seasoned yoga practitioners. Bring a yoga mat and dress comfortably. Classes held rain or shine.

## Tuesdays

**Jammin' in July 7pm**

Elevate your Waterfront experience with music starting Tuesday July 11<sup>th</sup>. Take in a new sound every week with Broadway tunes, big band, steel drums and more.

## Wednesdays

**ZOO-VIES \*films begin at dusk**

Movies under the stars on the rooftop of our brand new parking deck. Bring your own lawn chair. Refreshments for sale. Rain cancels. Film schedule is subject to change and available at [www.essexcountynj.org](http://www.essexcountynj.org). Please note location is at **TBZ** not Clipper Pavilion

## Thursdays

*Come Get Crafty with Us!*

**Essex County's Environmental Center @ Clipper Pavilion 6:30pm to 7:45pm**

**For more information, please call 973-508-2912 or visit [www.essexcountynj.org](http://www.essexcountynj.org)**



*Putting Essex County First*

Sponsored by the  
Essex County Parks Foundation and  
the Zoological Society of New Jersey.