

June 2021

Proposed Exercise Concession Schedule – Typical Summer Week

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 6 a.m. Yoga (Beach - Garfield)	7 6 a.m. Yoga (Beach - Garfield)	8 6 a.m. Yoga (Beach - Garfield)	9 6 a.m. Yoga (Beach - Garfield)	10 6 a.m. Yoga (Beach - Garfield)	11 6 a.m. Yoga (Beach - Garfield)	12 6 a.m. Yoga (Beach - Garfield)
7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)	7 a.m. Yoga (Beach - Central)
7 a.m. Total Body (Park)	7 a.m. Total Body (Park)	7 a.m. Total Body (Park)	7 a.m. Total Body (Park)	7 a.m. Total Body (Park)	7 a.m. Boot Camp (Beach - Parkwood)	7 a.m. Total Body (Park)
8 a.m. Yoga (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)	8 a.m. Pilates (Beach - Garfield)	8 a.m. Boot Camp (Beach - Garfield)
8 a.m. Move & Glow Yoga (Park)		8 a.m. Move & Glow Yoga (Park)	8 a.m. Stroller Fit (Park)			
13	14	15	16	17	18	19
20	21	22	23	24	25	26

2022 Exercise Class Summaries

(Weather Permitting)

Yoga: through September 30th – Note different classes & times



Summer on the Beach: 6:00 a.m.
June 21st – September 5th
Daily off Garfield Parkway
\$10/person.

Spring/Fall on the Bandstand: 6:30 a.m. Groups of 4 or more by appointment only; email to request day (bethanybeachyoga@hotmail.com)

This is the 20th year that RYT Certified Teachers from Bethany Beach Yoga Center have been teaching this class to contribute to the community's health and well-being. Instructors Susan Maddox, Lori Roe, Tracy Southard, Georgette Rhoads & Pat Wood engage participants with asanas and flowing movement and/or Sun Salutations. Limited mats available, please bring your own, if possible. **Classes will run spring through fall.**



(2) Daily on the BEACH off Central Ave, 7 a.m.;
\$10/person.

500ERYT-certified instructors Kim and Justin Cavagnaro opened Ocean Vayu Yoga in 2016 with a combined 30+ years of yoga experience and 14+ years of teaching yoga. All of the instructors employed by Ocean Vayu Yoga are certified under the Yoga Alliance. The classes will be available **daily thru Labor Day and weekends thereafter through Sunday September**

25th. Classes feature gentle beach flow suitable to all levels.



(3) Sunday, 8 – 9 a.m. on the BEACH off Garfield; donation optional.

The two teachers are Yoga Alliance Certified teachers and Bethany Beach residents who work year-round at DimitraYOGA. They've been holding classes on the beach since 2015 Their donation-optional approach has successfully raised funds for local families in need and supports a cohesive mission of benefitting the body, mind, and community. Classes run Sundays **May 29th –**

October 16th. Classes are open to all fitness levels. Bring a mat or towel. In case of weather events, visit www.dimitrayoga.com for cancellations.



Bootcamp on the BEACH:

Mondays, Thursdays, Saturdays, 8 a.m. on the beach off Garfield Parkway starting May 2nd
Tuesdays & Fridays, 7 a.m. on the beach off Parkwood Street starting June 21st
\$10/person.

This is the eighth year this program is being offered in Bethany Beach. The instructor is Trevor Hurd, **CSCS Certified** Strength and Conditioning Specialist and owner of **Coastal Athlete**, 97 Garfield Pkwy. The class is for men, women, boys and girls, 12 and up, all fitness levels. The one-hour workout allows participants to challenge themselves and work as a fitness team. It offers a combination of body weight training, calisthenics, speed and agility training, core training, functional strength training, and flexibility work. No weights, just hard work. Classes run through October 1st.



Pilates:

Tuesdays, Wednesdays, and Fridays, 8 a.m. on the BEACH off Garfield; \$15/person.

This is the 9th year offering this class by Kelly Roberts, **BASI Certified Pilates Instructor** and owner of **Beach Pilates and Wellness Studio** of South Bethany. Participants overlook the ocean while they build a stronger body, develop long lean muscles, increase core strength, and improve overall health and well-being. The class also offers benefits for golfers, chronic pain and illness, osteoporosis, and prenatal/postnatal conditions. Classes run Memorial Day week through Labor Day week.

NEW PROPOSAL – CLASSES IN *CENTRAL PARK*

CustomFit360 is proposing to teach 3 different classes in the park. Taught by certified personal trainers/fitness instructors, each will incorporate music using a Bluetooth speaker.
\$10/person/class

Move & Glow Yoga –Wednesdays, 8 a.m. on the grass on yoga mats (provided); a challenging class for all fitness levels that uses body weight combined with energizing sequences of movement in all planes of motion.

Total Body Conditioning – Mondays, Wednesdays, Saturdays, 7 a.m. on the grass; a low impact, strength-training circuit for all fitness levels that uses resistance bands and kettlebells (provided) to improve core strength, increase flexibility, and burn calories.

Stroller Fit – Thursdays, 8 a.m. on the pathway and grass area; a 50-minute total body circuit training class suitable for moms and babies who are at least 8 weeks old. The class involves

walking, resistance bands (provided), body weight, and the environment (walls, benches, etc.) for a full body burn that engages the little nes too.



Marine Science Camp

Marine Scientist and founder of the New Logic Marine Science Camp, Sherri Paris is entering her 15th year of offering award-winning summer camps In New Jersey, Delaware, and Maryland. This will be the third year in Bethany Beach. (Each year has sold out every week.) Camp will be offered Monday – Friday, 9:00am-2:00pm for a fee of \$385/camper/week, camp T-shirt included. 2-3 days will be spent at an assigned Bethany Beach area, 1 day at the Nature Center and 2 days at James Farm or equivalent.

Proposed dates and times are:

June 27-July 1(K-8th)

July 25-29(K-8th)

July 25-29(6th-Teen)

August 8-12(K-8th)

Camp activities include marine ecology education, water sampling and quality testing, plant and animal identification, study of tides along with preservation of our Ocean and Bays. Campers will have a daily scientific routine, followed by “field experiments” that corresponds with the camp topic that day. In addition, New Logic is involved with several Citizen Science opportunities which involve collecting data for ongoing research. Campers will be aiding other scientists by collecting and recording this data to submit for further research.

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2021 Summer Season

Name and Address of Applicant Kelly Roberts
Doing Business as Beach Pilates + Wellness Inc.

Detailed description of concession

- 1. Type of commercial activity to be included Pilates on the beach
mat Pilates classes
- 2. Hours, days and dates of operations Tuesdays, Wednesdays + Fridays
@ 8am - May 31 - Sept. 9
- 3. Number of employees and anticipated group size per session (if applicable)
10-15 in June 12-25 in higher season
- 4. Location down town on the beach off
Garfield Parkway - out from the town
clock
- 5. The amount of the fee to be paid to the Town for the concession \$303

KR
Applicant Signature

2/28/22
Date

FOR TOWN USE ONLY - DO NOT WRITE IN THIS SPACE

Proposal received by _____

Date _____

Bethany Beach Business License Required

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2022 Summer Season

Name and Address of Applicant Sheri Paris
Doing Business as NewLogic Marine Science Camp
105 Ortleby Ave, Lavelle, NJ 08735

Detailed description of concession

1. Type of commercial activity to be included Marine Science Education Camp for children
2. Hours, days, and dates of operations
Monday - Friday 9am - 2pm
June 27th - July 11th, July 25 - 29th, August 8th - 12th 2022
3. Number of employees and anticipated group size per session (if applicable)
15-20/week
4. Location Assigned beach area 2-3 days, 1 day at Nature Center
1-2 days at James Farm.
5. The amount of the fee to be paid to the Town for the concession N/A

[Signature]
Applicant Signature

2/28/22
Date

FOR TOWN USE ONLY - DO NOT WRITE IN THIS SPACE

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Date _____

Bethany Beach Business Required _____

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
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The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2021 Summer Season

Name and Address of Applicant Coastal Athlete 97 Garfield Parkway
Doing Business as Coastal Athlete - Fitness/Beach Bootcamp

Detailed description of concession

1. Type of commercial activity to be included Beach Bootcamp - Group Fitness Classes
2. Hours, days and dates of operations Monday-Thursday-Saturday at 8:00am-8:45am
Tuesday-Friday at 7:00am-7:45am
3. Number of employees and anticipated group size per session (if applicable)
1 Employee. Anticipated average group size is 30-40 participants
4. Location On the beach in front of the Bethany Bandstand on Garfield Parkway
On the beach in front of the Bethany Bandstand on Garfield Parkway
off Parkwood Street
5. The amount of the fee to be paid to the Town for the concession \$10.00 per person


Applicant Signature

March 8, 2022
Date

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Date _____

Bethany Beach Business License Required

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2021 Summer Season

Name and Address of Applicant melissa hiker

Doing Business as CustomFit360
29K Atlantic Ave Ocean View

Detailed description of concession

1. Type of commercial activity to be included yoga
Strength/total body conditioning
stroller fit
2. Hours, days and dates of operations total body -> 7AM M/W/SAT
yoga - 8A Wednesday
stroller fit -> 8AM Thursday
3. Number of employees and anticipated group size per session (if applicable)
1 employee per class 10-15 average group size
4. Location BB Town park
5. The amount of the fee to be paid to the Town for the concession permit + fee cost

[Signature]

Applicant Signature

3/1/2022

Date

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Date _____

Bethany Beach Business License Required

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the ~~2021~~ Summer Season ²⁰²²

Name and Address of Applicant: Bethany Beach Yoga Center, LLC
Doing Business as 7642 Parsonsburg Rd
Parsonsburg, MD 21849

Detailed description of concession

1. Type of commercial activity to be included Yoga Class on Beach/Bandstand
2. Hours, days and dates of operations 6-7am, daily 6/21-9/5 & Spring
& after Labor Day as requested, weather permitting
3. Number of employees and anticipated group size per session (if applicable)
4 teachers, class size 4-25
4. Location Bethany Beach bandstand & or beach off south Garfield Pkwy
5. The amount of the fee to be paid to the Town for the concession \$ 303 (*250 + *53)

Darcy Lee Rhoads
Assistant Director BBE
Applicant Signature

3-2-22
Date

FOR TOWN USE ONLY -DO NOT WRITE IN THIS SPACE

Proposal received by _____

Date _____

Bethany Beach Business License Required

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2021 Summer Season

Name and Address of Applicant Little Leaf Yoga LLC 29P Atlantic Ave. Ocean View DE 19970

Doing Business as Ocean Vayu Yoga

Kim Cavagnaro, Owner

Detailed description of concession

1. Type of commercial activity to be included Yoga on the Beah

2. Hours, days and dates of operations 7 days a week Memorial Day through Labor Day, Weekends thru the fall as weather permits 7-8am

3. Number of employees and anticipated group size per session (if applicable)
2-3 Teachers rotating Days, Our average is 10 students per day

4. Location Pennsylvania Ave. on the sand

5. The amount of the fee to be paid to the Town for the concession _____

Kim Cavagnaro

Applicant Signature

03/15/2022

Date

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Date _____

Bethany Beach Business License Required

Business Permit Number _____

TOWN OF BETHANY BEACH
REQUEST FOR BEACH CONCESSION
PROPOSAL FORM

2022

The Town of Bethany Beach will be accepting proposals from applicants for a concession to teach exercise classes or conduct camps on the beach and/or bandstand for the 2021 Summer Season

Name and Address of Applicant Dimitra Kotanides

Doing Business as Dimitra Yoga
17437 Deen Ore Plaza, Suite 1
Lewes, DE 19971

Detailed description of concession

1. Type of commercial activity to be included donation based yoga class
good for all levels
2. Hours, days and dates of operations Sundays 8-9:00am
from May 29 - Oct 16, 2022
3. Number of employees and anticipated group size per session (if applicable)
2 employees, alternating weeks (1 per week)
class size differs based on visitors + weather, usually
4. Location on the sand in front of the bandstand. 5-15 people
5. The amount of the fee to be paid to the Town for the concession ?

[Signature]
Applicant Signature

3/16/22
Date

FOR TOWN USE ONLY - DO NOT WRITE IN THIS SPACE

Proposal received by _____

Date _____

Bethany Beach Business License Required

Business Permit Number _____