

*Darienite*

*News for Darien*

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## **Two Exercise Classes Coming to Weed Beach: Free, But Donations Requested; Limited Enrollment**

**Author :** David Gurliacci

**Categories :** [Healthy Living](#)

**Tagged as :** [Barry's Bootcamp](#), [Corbin District 2020](#), [Darien Parks and Recreation Department 2020](#), [Domus](#), [Domus 2020](#), [Donna Jackson](#), [High Intensity Interval Training](#), [JoyRide 2020](#), [Rhodie Lorenz](#), [SYJ Yoga](#), [The Corbin District 2020](#), [Weed Beach 2020](#)

**Date :** June 24, 2020

JoyRide, SYJ Yoga, and Barry's Bootcamp, working with [the Corbin District](#) and Darien's Parks and Recreation Department, will be bringing you summer workouts to benefit Domus of Stamford.

The classes will be held in Darien's beautiful Weed Beach Park, on a field overlooking the beach and Long Island Sound.

— *an announcement from the Corbin District*

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Join Donna Jackson of SYJ and Rhodie Lorenz of JoyRide for a team-taught 50-minute yoga and Pilates class. Balance your mind and body through lengthening and strengthening your muscles as we focus on breath and intention.

Please bring a mat and water and join us for a fun morning of movement and group energy! Rhodie and Donna will teach their class at 10 a.m. on Wednesdays at Weed Beach, beginning July 1 and continuing through July 29.

Join Rhonda Hunt and other Barry's Bootcamp instructors for a 50-minute HIIT [[high intensity interval training](#)] workout that is sure to get your weekend off to a great start! The Barry's classes will be held at 8:30 a.m. on Saturdays at Weed Beach, beginning June 27 and continuing through August 1.

These classes are open to everyone, not just Darien residents. You must sign up in advance by visiting the Darien Parks & Recreation website, signing their online waiver and bring a printed copy with you to show as your parking pass. Class size is limited to 100 people until local restrictions are lifted.

[Click on this link](#) to register and sign the waiver.

The classes are offered free of charge, but JoyRide, SYJ and The Corbin District would respectfully ask that you consider [a donation to support Domus of Stamford](#). Information on the Corbin District can be found [here](#).

### **About Domus**

Domus builds loving relationships with young people facing adversity, empowering them to pursue their path to self-sufficiency.

We believe that no child shall be denied hope, love, or a fair chance in life.

We empower young people to rise above adversity through two major areas of focus: workforce development and school engagement. Through both of these models we offer academic support, social-emotional skill building, and personal and practical connections that help guide them through critical junctures to become resilient, positive contributors to their communities.

Domus is the Latin noun for home, which is where our roots are.