



**Yoga on the Pier**  
Emma Fried-Cassorla  
Director of Marketing &  
Communications  
Delaware River Waterfront Corporation  
Efried-cassorla@drwc.org  
O: 215.629.3218  
C: 215.313.5582

**FOR IMMEDIATE RELEASE**

**FREE YOGA ON RACE STREET PIER PRESENTED BY AETNA  
RETURNS APRIL 28<sup>th</sup> FOR ITS 5<sup>th</sup> YEAR**



*Welcome the warmer months with sun salutations,  
downward-facing dogs and gorgeous waterfront views*

PHILADELPHIA, PA (April, 2018)—Philadelphia’s favorite free workout series, Free Yoga on Race Street Pier Presented by Aetna, will return on Saturday, April 28<sup>th</sup>. Now in its fifth season, the series, organized by the Delaware River Waterfront Corporation and presented by Aetna, and coordinated by yoga instructor Malik Wilson, will offer nearly 400 free yoga classes through November 11<sup>th</sup>. Located on the Race Street Pier (Race St.

and N. Columbus Blvd.), participants will be able to enjoy a relaxing start to their morning or end to their day overlooking the Delaware River, underneath the Benjamin Franklin Bridge.

Morning sessions will run Monday through Friday at 7:00am, Saturday and Sunday at 9:30am, and evening sessions will be Monday through Thursday at 6:00pm. Evening and weekend classes will be rain or shine, with the rain location being Functionally Fit, located at 110 N. 2<sup>nd</sup> Street. Holidays, including Memorial Day, Independence Day, Labor Day and Columbus Day will operate on a different schedule, with 9:30am morning classes and 6:00pm evening classes.

Additionally, Twilight Yoga classes on the pier will occur on the following dates at 8:30pm:

- Monday, April 30<sup>th</sup>
- Tuesday, May 29<sup>th</sup>
- Thursday, June 28<sup>th</sup>
- Friday, July 27<sup>th</sup>
- Sunday, August 26<sup>th</sup>
- Tuesday, September 25<sup>th</sup>
- Wednesday, October 24<sup>th</sup>

This year, Aetna will be joining to sponsor the full season of free yoga, allowing this program to continue every day from April through November.

“Data tells us that only about 10 percent of our health is a result of what happens in a doctor’s office. By contrast, 30 percent of our overall health comes from our genetic makeup and 60 percent from our social and physical environment, otherwise known as social determinants of health,” said Angie Meoli, President of Aetna’s Mid-Atlantic Territory. “We are committed to building a healthier world – one person, one family, and one community at a time. Our sponsorship of Free Yoga on Race Street Pier reflects this commitment.”

To celebrate the start of Yoga on the Pier, an open-to-the-public kick-off party will take place on Friday, April 27<sup>th</sup> from 7:00pm until 9:00pm at United By Blue, located at 205 Race Street. Complimentary drinks and small bites will be available for guests to enjoy.

### **About the Delaware River Waterfront Corporation**

[DRWC](#) is a 501(c)(3) created in January 2009, exclusively for the benefit of the City of Philadelphia and its citizens. The fundamental purpose of DRWC is to design, develop, program and maintain public amenities such as permanent and seasonal parks, trails, and streetscape improvements to transform the waterfront into a vibrant destination for recreational, cultural, and commercial activities for the residents and visitors of Philadelphia as is consistent with the goals of the Master Plan for the Central Delaware.

Daily programming throughout the entire year is changing the way Philadelphians see and converse about the waterfront, and is helping to create spaces and communities that connect residents and visitors to the waterfront.

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