



Dance your way to a more fit you! Exciting & unique Latin moves & rhythms. *Zumba®* is a high energy Latin dance in a fitness class setting. Made for all levels of fitness & you don't even have to know how to dance. Participants should bring water & towel.

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

[Minimum 4 / Maximum 20]  
Instructor – Jennifer Tunis

Activity #ZM01  
Days: Monday  
Dates: Jan 6  
Times: 5:25-6:15 pm  
Location: JWP MP Room  
Activity Fee: \$7

Activity #ZM02  
Days: Monday  
Dates: Feb 3  
Times: 5:25-6:15 pm  
Location: JWP MP Room  
Activity Fee: \$7

Activity #ZM03  
Days: Monday  
Dates: Mar 2  
Times: 5:25-6:15 pm  
Location: JWP MP Room  
Activity Fee: \$7

Activity #ZM04  
Days: Monday  
Dates: Apr 6  
Times: 5:25-6:15 pm  
Location: JWP MP Room  
Activity Fee: \$7

## Soul Line Dancing

Enhance your dance moves and improve your coordination, all while meeting some great people. Learn many of the latest old and new school soul line dance moves. This is a great way to exercise your mind, body & spirit as you dance to a healthier, more fit you. Some examples include The Wobble, The Git Up, Bikers Shuffle and Cupids 2x4 Shuffle. No previous line dancing experience is necessary. Dress in comfortable clothing and footwear.

[Minimum 10 / Maximum 20]  
Instructor – C & K Soul Line Dancing

Activity #SL01  
Days: Thursdays  
Dates: Jan 9-Feb 6  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$35

Activity #SL02  
Days: Thursdays  
Dates: Feb 13-Mar 12  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$35

Activity #SL03  
Days: Thursdays  
Dates: Mar 19-Apr 16  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$35

Activity #SL04  
Days: Thursdays  
Dates: April 23-May 21  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$35

## Step and Tone 30

Lose weight and trim inches while building muscle. A dynamic workout with timed cardio drills and interval weight training using your body weight will rev up your metabolism and burn fat FAST. Let's step to it!

[Minimum 3 / Maximum 25]  
Instructor - Susan Albanese.

Activity #ST01  
Days: Tues & Thurs  
Dates: Jan 7-Jan 30  
Times: 5:00-5:30 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #ST03  
Days: Tues & Thurs  
Dates: Mar 3-Mar 26  
Times: 5:00-5:30 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #ST02  
Days: Tues & Thurs  
Dates: Feb 4-Feb 27  
Times: 5:00-5:30 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #ST04  
Days: Tues & Thurs  
Dates: Mar 31-Apr 23  
Times: 5:00-5:30 pm  
Location: JWP MP Room  
Activity Fee: \$25

**Classes are required to meet the minimum enrollment ONE WEEK PRIOR to the start of the class, or the class will be cancelled. Please Register Early!**



**City of Dover Recreation**

**REGISTER ONLINE AT:**

**<https://cityofdover.recdesk.com/Community/Home>**



## Step Aerobics

Step Aerobics class is an awesome way to get participants up and moving. This intermediate class is definitely a fun way to burn those extra calories while combining dance movements with step aerobics. No prior experience is necessary. While some step equipment is available, participants are encouraged to bring their own. Wear comfortable clothing and footwear.

[Minimum 10 / Maximum 25]  
Instructor – Chuck & Kelly Cooper

Activity #HH02  
Days: Mondays  
Dates: Feb 10-Mar 16\*  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$40  
*\*No Class Feb 17*

Activity #HH03  
Days: Mondays  
Dates: Mar 23-Apr 20  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$40

Activity #HH04  
Days: Mondays  
Dates: Apr 27-June 1\*  
Times: 6:30-7:30 pm  
Location: JWP MP Room  
Activity Fee: \$40  
*\*No Class May 25*

## Power Yoga 30

A powerful, dynamic and sweaty all levels class designed to challenge, awaken and detoxify your entire body. This energetic flow class will guide you through personal transformation and empowerment. It will sculpt, tone and condition both the body and the mind. Modifications and variations are encouraged to support and accommodate individual needs and experience levels.

[Minimum 3 / Maximum 25]  
Instructor - Susan Albanese.

Activity #PY01  
Days: Tues & Thurs  
Dates: Jan 7-Jan 30  
Times: 5:30-6:00 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #PY02  
Days: Tues & Thurs  
Dates: Feb 4-Feb 27  
Times: 5:30-6:00 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #PY03  
Days: Tues & Thurs  
Dates: Mar 3-Mar 26  
Times: 5:30-6:00 pm  
Location: JWP MP Room  
Activity Fee: \$25

Activity #PY04  
Days: Tues & Thurs  
Dates: Mar 31-Apr 23  
Times: 5:30-6:00 pm  
Location: JWP MP Room  
Activity Fee: \$25

# 2020 Winter

# FITNESS CLASSES



*John W. Pitts  
Recreation Center  
10 Electric Avenue  
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(302) 674-7541*

[www.cityofdover.com/Parks-Recs-Home/](http://www.cityofdover.com/Parks-Recs-Home/)



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