



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 #ZM04
Days: Mondays
Dates: April 15-May 6
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #ZM05
Days: Mondays
Dates: May 13-June 10*
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20
No Class May 27

Activity #ZM06
Days: Mondays
Dates: June 17-July 22*
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20
No Class June 24 or July 1

Activity #ZM07
Days: Mondays
Dates: Aug 5-Aug 26
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20



Soul Line Dancing

Learn some of the newest and old school line dance moves! You will learn dances like: Uptown Funk, Spanish Fly, Biker's Shuffle and Cupids 2x4 Shuffle, just to name a few.
[Minimum 10 / Maximum 35]
Instructor – C & K Soul Line Dancing

Activity #SLD03
Days: Thursdays
Dates: Mar 21-Apr 18
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

Activity #SLD05
Days: Thursdays
Dates: Apr 25-May 23
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

Activity #SLD06
Days: Thursdays
Dates: May 30-June 27
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

Activity #SLD07
Days: Thursdays
Dates: July 11-Aug 1
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

Activity #SLD08
Days: Thursdays
Dates: Aug 8-Sept 5
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35
No Class August 15



Step and Tone 30

This 30-minute total body class helps you lose weight, build muscle and feel more fit. It's fast, it's hard and you're going to sweat, but the results are worth it. This class combines step aerobics with an assortment of strength training exercises to give you the best of both worlds when it comes to boosting your heart rate and working your muscles.
[Minimum 5 / Maximum 25]
Instructor - Susan Albanese.

Activity #KB04
Days: Tues & Thurs
Dates: Apr 2-Apr 25
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB05
Days: Tues & Thurs
Dates: April 30-May 23
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB06
Days: Tues & Thurs
Dates: May 28-June 20
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB07
Days: Tues & Thurs
Dates: June 25-July 23*
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25
No Class July 4



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!

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 5 / Maximum 25]
Instructor - Susan Albanese.

Activity #PY04
Days: Tues & Thurs
Dates: Apr 2-Apr 25
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #PY05
Days: Tues & Thurs
Dates: April 30-May 23
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #PY06
Days: Tues & Thurs
Dates: May 28-June 20
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #PY07
Days: Tues & Thurs
Dates: June 25-July 23*
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25
No Class July 4

Teenz In Motion (ages 10-15)

Students will learn beginner Tap, Jazz and Hip Hop dancing and technique. They will build up self-confidence, teamwork, precision and determination as well as learning various routines and warm ups. Instructors, Nicole and Shantae are ready to share their knowledge and dance steps. Comfortable attire is recommended. Team shirts (optional) may be purchased directly from the instructor. Min 4/Max 30

Activity #TIM01
Days: Saturday
Dates: June 8-June 29
Times: 10:00-11:00 am
Location: JWP MP Room
Activity Fee: \$25

Activity #TIM02
Days: Saturday
Dates: July 6-July 27
Times: 10:00-11:00 am
Location: JWP MP Room
Activity Fee: \$25

Activity #TIM03
Days: Saturday
Dates: Aug 3-Aug 24
Times: 10:00-11:00 am
Location: JWP MP Room
Activity Fee: \$25

Strong by Zumba

This 60 minute class provides body weight strengthening training, including isometric and plyometric moves synced to the music, which makes this high-intensity class super fun. Instructor Julie Wright will lead this class. Min 5/Max 25

Activity #SZS
Days: Sunday
Dates: May 5-May 26
Times: 9:00-10:00 am
Location: JWP MP Room
Activity Fee: \$25

2019 Spring & Summer

FITNESS CLASSES



*John W. Pitts
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10 Electric Avenue
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www.cityofdover.com/Parks-Recs-Home/



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