



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: Mondays
Dates: Jan 7-Feb 4*
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20
No Class Jan 21

Activity #ZM02
Days: Mondays
Dates: Feb 11-Mar 11*
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20
No Class Feb 18

Activity #ZM03
Days: Mondays
Dates: Mar 18-Apr 8
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 #SLD01
Days: Thursdays
Dates: Jan 10-Feb 7
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

Activity #SLD02
Days: Thursdays
Dates: Feb 14-Mar 14
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35

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



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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 #KB01
Days: Tues & Thurs
Dates: Jan 8-Jan 31
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB02
Days: Tues & Thurs
Dates: Feb 5-Feb 28
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB03
Days: Tues & Thurs
Dates: Mar 5-Mar 28
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #KB04
Days: Tues & Thurs
Dates: Apr 2-Apr 25
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!

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 #PY01

Days: Tues & Thurs

Dates: Jan 8-Jan 31

Times: 5:30-6:00 pm

Location: JWP MP Room

Activity Fee: \$25

Activity #PY02

Days: Tues & Thurs

Dates: Feb 5-Feb 28

Times: 5:30-6:00 pm

Location: JWP MP Room

Activity Fee: \$25

Activity #PY03

Days: Tues & Thurs

Dates: Mar 5-Mar 28

Times: 5:30-6:00 pm

Location: JWP MP Room

Activity Fee: \$25

Activity #PY04

Days: Tues & Thurs

Dates: Apr 2-Apr 25

Times: 5:30-6:00 pm

Location: JWP MP Room

Activity Fee: \$25



City of Dover Recreation

2019 Winter

FITNESS CLASSES



*John W. Pitty
Recreation Center
10 Electric Avenue
Dover, DE 19904
(302) 674-7541*

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