



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 Tunnis

Activity #16ZUMP04
Days: Mondays
Dates: Apr 11-May 2
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #16ZUMP05
Days: Mondays
Dates: May 9-June 6*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class May 30

Activity #16ZUMP06
Days: Mondays
Dates: June 13-July 11*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class July 4

Activity #17ZUMP07
Days: Mondays
Dates: July 18-Aug 16*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class Aug 8

Activity #17ZUMP08
Days: Mondays
Dates: Aug 22-Sept 19*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class Sept 5

Activity #16ZUTP04
Days: Thursdays
Dates: Apr 14-May 5
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #16ZUTP05
Days: Thursdays
Dates: May 12-June 9*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class: June 2

Activity #16ZUTP06
Days: Thursdays
Dates: June 16-July 14*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class July 7

Activity #17ZUTP07
Days: Thursdays
Dates: July 21-Aug 11
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #17ZUTP08
Days: Thursdays
Dates: Aug 18-Sept 15*
Times: 5:10-6:00 pm
Location: JWP MP Room
Activity Fee: \$20
No Class Sept 9



Outdoor Circuit & Fitness

This class is an extremely efficient way to build strength, flexibility and muscular endurance, in addition to losing weight and inches. We will be outside and using free weights, tires, sledgehammers, fitness ropes, monkey bars and body weight exercises to really maximize your workout & take you to the next level. You will burn anywhere from 600-1000 calories per session. Class is held outdoors at Schutte Park. Instructor - Susan Albanese. [Minimum 5/ Maximum 25]

Activity #16OCTS05
Days: Tuesdays
Dates: May 3-May 24
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Activity #16OCTS06
Days: Tuesdays
Dates: May 31-June 28*
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25
No Class June 14

Activity #17OCTS07
Days: Tuesdays
Dates: July 5-July 26
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Activity #17OCTS08
Days: Tuesdays
Dates: Aug 2-Aug 23
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Activity #16OCWS05
Days: Thursdays
Dates: May 5-May 26
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Activity #16OCWS06
Days: Thursdays
Dates: June 2-June 30*
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25
No Class: June 16

Activity #17OCWS07
Days: Thursdays
Dates: July 7-July 28
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Activity #17OCWS08
Days: Thursdays
Dates: Aug 2-Aug 25
Times: 5:00-5:45 pm
Location: Schutte Park
Activity Fee: \$25

Cardio & Core Circuit

Cardio & Core Circuit Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion. The result of this is halting your progress on your fitness improvement journey. By using a combination of cardio and core exercises, this class pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. You will be encouraged to DIG DEEPER!! All levels welcome and modifications are given to provide maximum benefits to all participants, no matter their skill level. Instructor - Susan Albanese. [Minimum 5/ Maximum 25]

Activity #16CCTP04
Days: Tuesdays
Dates: Apr 5-Apr 26
Times: 5:15-6:00 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #16CCWP04
Days: Wednesdays
Dates: Apr 6-Apr 27
Times: 5:15-6:00 pm
Location: JWP MP Room
Activity Fee: \$20

Zilch to 5K - Running Class

Class will help you reach your 5k, 10k, half marathon goals or fitness goals. Focus is on tempo runs, interval training and speed work that will increase your endurance, mileage and confidence. Designed to introduce, or reintroduce, running to participants who need motivation to get back into it! Drop your perceptions about running and join this fun class. [Minimum 5/Maximum 25] Instructor – Susan Albanese

Activity #16Z5KP05
Days: Mon, Wed & Fri
Dates: May 2-May 27
Times: 5:30-6:00 am
Location: JWP Gym
Activity Fee: \$25

Activity #16Z5KP06
Days: Mon, Wed & Fri
Dates: June 1-June 29
Times: 5:30-6:00 am
Location: JWP Gym
Activity Fee: \$25

Activity #17Z5KP07
Days: Mon, Wed & Fri
Dates: July 1-July 29*
Times: 5:30-6:00 am
Location: JWP Gym
Activity Fee: \$25
No Class July 4

Activity #17Z5KP08
Days: Mon, Wed & Fri
Dates: Aug 1-Aug 26
Times: 5:30-6:00 am
Location: JWP Gym
Activity Fee: \$25

Activity #16Z5WP05
Days: Wed
Dates: May 4-May 25
Times: 5:00-5:30 pm
Location: JWP Gym
Activity Fee: \$

Activity #16Z5WP06
Days: Wed
Dates: June 1-June 22
Times: 5:00-5:30 pm
Location: JWP Gym
Activity Fee: \$

Activity #16Z5WP07
Days: Wed
Dates: July 6-July 27
Times: 5:00-5:30 pm
Location: JWP Gym
Activity Fee: \$

Activity #16Z5WP08
Days: Wed
Dates: Aug 3-Aug 24
Times: 5:00-5:30 pm
Location: JWP Gym
Activity Fee: \$

Outside Boot Camp

Challenge yourself OUTSIDE with this fast paced, calorie blasting, core tightening and muscle toning class. Boot Camp is the most effective way to challenge core strength and stability. This 45 minute workout will build muscle and increase cardiovascular endurance, which will prepare the body to lose inches and weight at the same time. All levels welcome and modifications are given. Class is outdoors at Schutte Park. Instructor - Susan Albanese. [Minimum 5/ Maximum 25]

Activity #16OBCS05
Days: Tuesdays
Dates: May 3-May 24
Times: 5:50-6:35 pm
Location: Schutte Park
Activity Fee: \$20

Activity #17OBCS07
Days: Tuesdays
Dates: July 5-July 26
Times: 5:50-6:35 pm
Location: Schutte Park
Activity Fee: \$20

Activity #16OBCS06
Days: Tuesdays
Dates: May 31-June 28*
Times: 5:50-6:35 pm
Location: Schutte Park
Activity Fee: \$20
No Class June 14

Activity #17OBCS08
Days: Tuesdays
Dates: Aug 2-Aug 23
Times: 5:50-6:35 pm
Location: Schutte Park
Activity Fee: \$20

**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!**

ZUMBA®

Yoga 101

Renew your mind, body & spirit while working in timing, strength, balance and flexibility. Gentle to moderate postures. Give the gift of yoga to yourself, for newbies and yogis. Yoga mat & comfortable clothing required. [Min 5/Max 25] Instructor – Janine Bond Boyles

Activity #16YO1P05
Days: Tues & Thurs
Dates: May 3-May 26
Times: 7:00-7:45 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #16YO1P06
Days: Tues & Thurs
Dates: May 31-June 23
Times: 7:00-7:45 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #17YO1P07
Days: Tues & Thurs
Dates: June 28-July 21
Times: 7:00-7:45 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #17YO1P08
Days: Tues & Thurs
Dates: Aug 2-Aug 25
Times: 7:00-7:45 pm
Location: JWP MP Room
Activity Fee: \$25

Lunchtime Yoga 101

Renew your mind, body & spirit while working in timing, strength, balance and flexibility. Gentle to moderate postures. Give the gift of yoga to yourself, for newbies and yogis. Yoga mat & comfortable clothing required. [Min 5/Max 25] Instructor – Janine Bond Boyles

Activity #16LTYL05
Days: Mon & Wed
Dates: May 2-June 1*
Times: 11:30am-12:00pm
Location: Dover Library
Activity Fee: \$25
No Class 5/4 or 5/30

Activity #16LTYL06
Days: Mon & Wed
Dates: June 6-June 29
Times: 11:30am-12:00pm
Location: Dover Library
Activity Fee: \$25

Activity #17LTYL07
Days: Mon & Wed
Dates: July 6-Aug 1
Times: 11:30am-12:00pm
Location: Dover Library
Activity Fee: \$25

Activity #17LTYL08
Days: Mon & Wed
Dates: Aug 3-Aug 29
Times: 11:30am-12:00pm
Location: Dover Library
Activity Fee: \$25

Soul Line Dancing

Learn some of the newest and old school line dance moves! You will learn dances like: The Happy Dance, 2x4 and Blurred Lines, just to name a few. Dress in comfortable clothing and footwear and bring a bottle of water and towel. [Minimum 3/Maximum 20] Instructor – C & K Soul Line Dancing

Activity #16SLDL03
Days: Thursdays
Dates: Mar 31-Apr 28
Times: 6:30-7:30 pm
Location: Dover Library
Activity Fee: \$35

Activity #16SLDL05
Days: Thursdays
Dates: May 5-June 2
Times: 6:30-7:30 pm
Location: Dover Library
Activity Fee: \$35

Activity #16SLDL06
Days: Thursdays
Dates: June 9-July 7
Times: 6:30-7:30 pm
Location: Dover Library
Activity Fee: \$35

Activity #17SLDL07
Days: Thursdays
Dates: July 14-Aug 11
Times: 6:30-7:30 pm
Location: Dover Library
Activity Fee: \$35

Total Body Boot Camp

The is no better time to get a great fitness routine going and this Boot Camp is just the way to do it. This extreme interval workout will challenge your body in ways you never imagined. If you are ready for a kick butt workout that will send the calories screaming from your body, then this is for you! Instructor - Susan Albanese. [Minimum 5/Maximum 25]

Activity #16TBTBP04
Days: Tuesdays
Dates: Apr 5-Apr 26
Times: 6:15-7:00 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #16TBRP04
Days: Thursdays
Dates: Apr 7-Apr 28
Times: 6:15-7:00 pm
Location: JWP MP Room
Activity Fee: \$20



City of Dover Recreation

www.cityofdover.com/Parks-Recs-Home/

Mondays		F I T N E S S S C H E D U L E
Zilch to 5K	5:30-6:00 am	
Lunchtime Yoga 101 (Library)	11:30-12:00 pm	
<i>Zumba®</i>	5:10-6:00 pm	
Tuesdays		
Outdoor Circuit & Fitness (Park)	5:00-5:45 pm	
Outside Boot Camp (Park)	5:50-6:35 pm	
Yoga 101	7:00-7:45 pm	
Wednesdays		
Zilch to 5K	5:30-6:00 am	
Lunchtime Yoga 101 (Library)	11:30-12:00 pm	
Zilch to 5K	5:00-5:30 pm	
Thursdays		
Outdoor Circuit & Fitness (Park)	5:00-5:45 pm	
<i>Zumba®</i>	5:10-6:00 pm	
Soul Line Dancing (Library)	6:30-7:30 pm	
Yoga 101	7:00-7:45 pm	
Fridays		
Zilch to 5K	5:30-6:00 am	

2016 Spring & Summer

FITNESS CLASSES

at The Pitt



John W. Pitts
Recreation Center

10 Electric Avenue

Dover, DE 19904

(302) 674-7541

www.cityofdover.com/Parks-Recs-Home/



City of Dover Recreation

Get Fit At "The Pitt"