

# FITNESS FOR ADULTS

## HIIT Boot Camp

This high intensity, full body, 45 minute workout that will sculpt and tone your body and burn the maximum amount of calories. All you need is your body weight, a bottle of water, mat, and a towel. Hand weights are used for an added upper body & abdomen workout. Mindful movement is emphasized and low impact modifications are given for each exercise, making this class achievable for everyone. Instructor **Susan McCall Albanese** leads this class. **Activity Fee:** \$25 (unless otherwise noted.)



**Activity #:** HB09  
**Days:** Mon & Wed  
**Dates:** Sept. 6 - 27  
**Time:** 5 – 5:45 PM  
**Activity Fee:** \$25

**Activity #:** HB10  
**Days:** Mon & Wed  
**Dates:** Oct. 2 - 25  
**Time:** 5 – 5:45 PM  
**Activity Fee:** \$25

**Activity #:** HB11  
**Days:** Mon & Wed  
**Dates:** Oct. 30 – Nov. 22  
**Time:** 5 – 5:45 PM  
**Activity Fee:** \$25

**Activity #:** HB12  
**Days:** Mon & Wed  
**Dates:** Nov. 27 – Dec. 20  
**Time:** 5 – 5:45 PM  
**Activity Fee:** \$25

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