



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 #ZM9
Days: Mondays
Dates: Sept 30-Oct 21
Times: 5:25-6:15 pm
Location: JWP MP Room
Activity Fee: \$20

Activity #ZM10
Days: Mondays
Dates: Oct 28-Nov 18
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! A great way to exercise your mind, body and spirit as you dance your way to a healthier, more fit you.

You will learn dances like: Uptown Funk, Spanish Fly, Biker's Shuffle and Cupids 2x4 Shuffle, just to name a few. No previous line dancing experience is necessary.

[Minimum 10 / Maximum 35]
Instructor – C & K Soul Line Dancing

Activity #SLD09
Days: Thursdays
Dates: Sept 12-Oct 17*
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35
No Class Sept 19

Activity #SLD10
Days: Thursdays
Dates: Oct 24-Nov 21
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$35



Rise Up At Schutte

Rise will meet you at Schutte to dig into your physical and mental journeys. This six-week series will focus on core strength with STRONG by Zumba® classes, ab concentrations and barre style workouts. No experience necessary, but a willingness to show up and become the best version of yourself. Enjoy a sweat that will not only build your body muscles but strengthen your mind too.

[Minimum 6 / Maximum 25]
Instructor – Melanie Wilson

Activity #RUS1
Days: Wednesdays
Dates: Sept 11-Oct 23*
Times: 6:30-7:30 pm
Location: JWP MP Room
Activity Fee: \$90
No Class Sept 18

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 #ST09
Days: Tues & Thurs
Dates: Sept 3-Sept 26
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #ST10
Days: Tues & Thurs
Dates: Oct 1-Oct 24
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #ST11
Days: Tues & Thurs
Dates: Oct 29-Nov 21
Times: 5:00-5:30 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #ST12
Days: Tues & Thurs
Dates: Dec 3-Dec 19
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

Xtreme Hip Hop Step

This class is a revamp of traditional step aerobics with routines set to old and new school Hip-Hop music. It is a great calorie burn/sweat activity. Wear comfortable workout clothes to this energizing class.

[Minimum 3 / Maximum 25
Instructor – Chandra Brown

Activity #XH1
Days: Wednesdays
Dates: Sept 25-Oct 30
Times: 5:00-6:00 pm
Location: JWP MP Room
Activity Fee: \$60

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 #PY09
Days: Tues & Thurs
Dates: Sept 3-Sept 26*
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25
No Class Sept 29

Activity #PY10
Days: Tues & Thurs
Dates: Oct 1-Oct 24
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #PY11
Days: Tues & Thurs
Dates: Oct 26-Nov 21
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

Activity #PY12
Days: Tues & Thurs
Dates: Dec 3-Dec 19
Times: 5:30-6:00 pm
Location: JWP MP Room
Activity Fee: \$25

2019 Fall

FITNESS CLASSES



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Dover, DE 19904
(302) 674-7541*

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



City of Dover Recreation