

FITNESS FOR ADULTS

Interval Kickbox Bootcamp

Challenge your body with this calorie-blasting, core tightening and muscle toning class. Kickboxing drills and interval training is the most effective way to rev up your metabolism and burn fat fast. This 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. The instructor, certified personal trainer and fitness specialist Susan Albanese from Healthy Bodies For Today. Taking place in the **John W. Pitts Recreation Center. Activity Fee: \$25**

Activity #: KB06	Activity #: KB07
Day: Mon. & Wed.	Day: Mon. & Wed.
Dates: June 21 – July 19*	Dates: July 21 – Aug. 16
Time: 5:15 – 6 PM	Time: 5:15 – 6 PM
<i>*No Class: July 5</i>	

Soul Line Dance

Returning in September

Get up & Get Moving with Dover Walks: Weekdays at 7 am

BE AN EARLY BIRD! Program size is purposefully managed. Be advised that our activities & classes have minimum & maximum enrollment criteria. Please register at least ONE full week prior to the start date noted. Waiting until the last minute to register may mean that you miss out on a great class due to the class being full or canceled due to lack of participants. Sign-up Early!

We have implemented several COVID related protocols. Facial coverings, limited class size, and hand wash stations are just of few of the changes you will see notice. Be sure to check out our website at www.cityofdover.com/parks-recs-home prior to registering. We encourage ONLINE registration for all programs, leagues and activities.

DAY TRIPS

New York City

Explore and shop the Big Apple on a Saturday. You will be dropped off and picked up in the vicinity of Radio City Music Hall to explore on your own. Departing from Dover promptly at **7 am** and departing from New York City at **7 PM**. The motor-coach will leave from the **John W. Pitts Recreation Center**. Sorry, we do offer refunds if you miss the bus. **Activity Fee: \$55**

Activity #: NYC1	Activity #: NYC2
Date: Saturday, Dec. 4	Date: Saturday, Dec. 18
Activity Fee: \$55	Activity Fee: \$55



LEISURE TIME ACTIVITIES

DOVER WALKS



Promoting healthy lifestyles to our residents, including mature adults, mom's with strollers, and walkers of all ages. Our goal is to promote walking while increasing your physical activity, remove barriers of weather & cost, promote walking as a family activity, and build community pride. This FREE* program for City residents and seniors is a great way to get healthy, join friends for a walk, and make new ones along the way. The **John W. Pitts Recreation Center** features a 1/13th mile indoor walking track. So get your sneakers and meet us for a walk. Typical hours are Monday – Friday, 7 am – 10 am. (Special events may impact these hours.) COVID Protocols are in place.



For complete details give us a call at 674-7541 or come on over and sign up! *Open Gym Fee Schedule applies.