

# FITNESS FOR ADULTS



## Soul Line Dance

Looking for a great way to exercise those extra pounds away, enhance your dance moves, and improve your coordination, all while meeting some great people? Well look no further, **C & K Soul Line Dancing** invites you to join us in learning many of the latest old and new school soul line dances. This is a great way to exercise your mind, body and spirit as you dance your way to a healthier, more fit you. Some examples include Uptown Funk, Spanish Fly, Biker’s Shuffle and Cupids 2 x 4 Shuffle just to name a few. Dress in comfortable clothing and footwear. Also bring your own towel and water and prepare to have an awesome time. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee:** \$35 evening class session *Class dates are subject to change based on instructor availability of C & K Soul.*

Advanced Class - \$35	Intermediate Class - \$35
<b>Activity #:</b> SLA10	<b>Activity #:</b> SLI10
<b>Day:</b> Thursdays	<b>Day:</b> Thursdays
<b>Dates:</b> Oct. 19 – Nov. 16	<b>Dates:</b> Oct. 19 – Nov. 16
<b>Time:</b> 6:30 – 7:30 PM	<b>Time:</b> 7:30 – 8:30 PM
<b>Activity #:</b> SLA12	<b>Activity #:</b> SLI12
<b>Day:</b> Thursdays	<b>Day:</b> Thursdays
<b>Dates:</b> Nov. 30 – Dec. 28	<b>Dates:</b> Nov. 30 – Dec. 28
<b>Time:</b> 6:30 – 7:30 PM	<b>Time:</b> 7:30 – 8:30 PM

## Dance with “E”ase!

Come out for an exciting evening learning the basics of “Ole School” (partner/couple/hand to hand) dancing. You will learn the Philly Bop, Cha Cha, Strand and the 2 step. Get those arms, legs and feet movin' and groovin' again. Taking place at the **John W. Pitts Recreation Center**. **Activity Fee:** \$30 or \$7 per class

<b>Activity #:</b> DE3	<b>Activity #:</b> DE4
<b>Day:</b> Tuesdays	<b>Day:</b> Tuesdays
<b>Dates:</b> Oct. 3 – Nov. 7	<b>Dates:</b> Nov. 14 – Dec. 19
<b>Time:</b> 6:30 - 8 PM	<b>Time:</b> 6:30 - 8 PM

See you in  
2024!

Be sure to create an online account with us for easy registration! Get started here:

<https://cityofdover.recdesk.com/Community/Home>