



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: \$25

Activity #16Z5WP06  
Days: Wed  
Dates: June 1-June 22  
Times: 5:00-5:30 pm  
Location: JWP Gym  
Activity Fee: \$25

Activity #16Z5WP07  
Days: Wed  
Dates: July 6-July 27  
Times: 5:00-5:30 pm  
Location: JWP Gym  
Activity Fee: \$25

Activity #16Z5WP08  
Days: Wed  
Dates: Aug 3-Aug 24  
Times: 5:00-5:30 pm  
Location: JWP Gym  
Activity Fee: \$25

## Boot Camp For Weight Loss

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 #16OBBS05  
Days: Tuesdays  
Dates: May 3-May 24  
Times: 5:50-6:35 pm  
Location: Schutte Park  
Activity Fee: \$25

Activity #17OBBS07  
Days: Tuesdays  
Dates: July 5-July 26  
Times: 5:50-6:35 pm  
Location: Schutte Park  
Activity Fee: \$25

Activity #16OBBS06  
Days: Tuesdays  
Dates: May 31-June 28\*  
Times: 5:50-6:35 pm  
Location: Schutte Park  
Activity Fee: \$25  
*No Class June 14*

Activity #17OBBS08  
Days: Tuesdays  
Dates: Aug 2-Aug 23  
Times: 5:50-6:35 pm  
Location: Schutte Park  
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!**

## 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 #16TBTP04  
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/](http://www.cityofdover.com/Parks-Recs-Home/)

<b>Mondays</b>		<b>FITNESS SCHEDULE</b>
Zilch to 5K	5:30-6:00 am	
Lunchtime Yoga 101 (Library)	11:30-12:00 pm	
Zumba®	5:10-6:00 pm	
<b>Tuesdays</b>		
Outdoor Circuit & Fitness (Park)	5:00-5:45 pm	
Boot Camp for Weight Loss (Park)	5:50-6:35 pm	
Yoga 101	7:00-7:45 pm	
<b>Wednesdays</b>		
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	
<b>Thursdays</b>		
Outdoor Circuit & Fitness (Park)	5:00-5:45 pm	
Zumba®	5:10-6:00 pm	
Soul Line Dancing (Library)	6:30-7:30 pm	
Yoga 101	7:00-7:45 pm	
<b>Fridays</b>		
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/](http://www.cityofdover.com/Parks-Recs-Home/)



City of Dover Recreation

Get Fit At "The Pitt"