

FITNESS

Cardio/Weight Training Program

You select the day and time to work out, we'll provide the latest cable machines, free weights and cardio equipment. Call our Fitness Center at 302-855-5954 to set up your orientation. Parents must sign a release form for youth ages 12-17. Available hours: Mon, Wed & Thurs, 11am-7pm; Tues & Fri, 7:30am-7pm. Register for a 16-week program and pick up your ID in the CCP Office, Room 109, 8:30am-4:30pm, Mon-Fri. Membership ages 12 & up.

Instructors: Tom Jackson & Jim Edgerton

- ▶ Adult Plus Member Special, \$99. ENR 214 201
- ▶ Individual Age 16 & up (with parental consent), \$119. ENR 215 201
- ▶ Family-Head of Household/plus 3 dependents (ages 12-15 must have parental consent and supervision), \$219. ENR 216 201/ENR 217 201
- ▶ Fast Track to Fitness (ages 12 & up) Enjoy all of the benefits of the training program for one month. \$39. ENR 284 201

Personal Training

Work one-on-one to help reach your wellness/fitness goals. Trainer provides: first session: medical history, discuss goals, resting heart rate, blood pressure, flexibility, strength, and cardio assessed. Measurements and BMI optional. Second session: Discuss program, demonstration of strength and flexibility exercises, explanation of cardio workout and discussion of general nutrition and weight management.

Instructor: Jim Edgerton

- ▶ 2 sessions. \$99. ENR 290 201. Cardio/Weight Training Members, \$79. ENR 291 201



Basic Ballroom Dancing

Instructors break down the steps with their fun and easy method of teaching. Learn to navigate the floor at weddings, proms, cruises and parties. Call instructor with questions and discuss partner availability at 302-337-3656. Held at the Sussex Central Middle School cafeteria. No class 4/6 & 4/8. (12 hrs)

Instructors: Yvonne & Steve Cimo

- ▶ FREE CLASSES–2/23 & 2/25 at DTCC (call for details)
- ▶ Swing, Foxtrot, Rhumba, & Samba, 3/2-5/25, Tuesday, 7-8pm, 12 sessions. \$99/person. No class 4/6. (12 hrs), ENR 517 271-2
- ▶ Waltz, Cha Cha, Tango & West Coast Swing, 3/2-5/25, Tuesday, 8-9pm, 12 sessions. \$99/person. No class 4/6. (12 hrs) ENR 519 271-2

Intermediate Ballroom

Add new steps and more technique; learn triple time rhythm and introduction to Hustle. For those who have completed ballroom basics. No class 4/8. (12 hrs)

- ▶ 3/4-5/27, Thursday, 7-8pm, 12 sessions. \$99/person. ENR 281 271-2

Latin Basics - Level I

Learn three Latin dances that are all the rage – Salsa, Bachata, Merengue. No class 4/8. (12 hrs)

- ▶ 3/4-5/27, Thursday, 8-9pm, 12 sessions. \$99. ENR 572 271-2

Take TWO & SAVE! - Enroll in two dance classes for \$179/person

Basketball, Men (ages 16 & Up)

No instruction, just organized fun. (20 hrs)

Instructor: Curtis Brock

- ▶ 1/11-3/22, Monday, 7:30-9:30pm, 10 sessions. \$69. ENR 202 231-2
- ▶ 4/12-6/21, Monday, 7:30-9:30pm, 10 sessions. \$69. ENR 202 232-2
- ▶ 7/12-9/20, Monday, 7:30-9:30pm, 10 sessions. \$69. ENR 202 231-3

Belly Dance Aerobics

Want a new and fun approach to aerobic exercising? High energy Middle Eastern music is used while dancing basic belly dancing moves. Pump your blood with energy and excitement. (8 hrs)

Instructor: Lynne VanHauter

- ▶ 1/28-3/18, Thursday, 6:30-7:30pm, 8 sessions. \$59. ENR 521 231-2
- ▶ 4/1-5/20, Thursday, 6:30-7:30pm, 8 sessions. \$59. ENR 521 232-2

Golf (Midway Par 3)

Complete instruction for golfers. Basic methods of golf swing and hitting stressed. Includes rules/etiquette. Each student is responsible for purchasing practice balls. (6 hrs)

Instructor: Jim Powers

- ▶ 4/12-4/28, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 271-2
- ▶ 5/10-5/26, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 272-2
- ▶ 6/7-6/23, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 271-3
- ▶ 7/12-7/28, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 272-3
- ▶ 8/9-8/25, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 273-3

Horseback Riding (ages 15 & up)

For beginners; covers basics of safety, stable management, and equestrian skills. Horse/tack equipment furnished. Wear pants, shoes or boots with at least a 1/2-inch heel. Held at Singletree Stables (indoor riding ring), Seaford. (4 hrs)

Instructor: Mollie Esterson

- ▶ 1/13-2/3, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 271-2
- ▶ 2/17-3/10, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 272-2
- ▶ 3/24-4/14, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 273-2
- ▶ 4/28-5/19, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 274-2
- ▶ 6/2-6/23, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 271-3
- ▶ 7/7-7/28, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 272-3

Karate

Reap the benefits of a full exercise routine. Learn basic techniques and foot positions, improve strength, speed, balance, and flexibility. Wear loose, comfortable clothing. No class on 4/3, 4/10, 5/29. (6 hrs)

Instructor: Alex Schaub

- ▶ 1/16-2/20, Saturday, 11:10am-12:10pm, 6 sessions. \$49. ENR 573 261-2
- ▶ 3/6-4/24, Saturday, 11:10am-12:10pm, 6 sessions. \$49. ENR 573 262-2
- ▶ 5/8-6/19, Saturday, 11:10am-12:10pm, 6 sessions. \$49. ENR 573 263-2
- ▶ 7/10-8/14, Saturday, 11:10am-12:10pm, 6 sessions. \$49. ENR 573 261-3

Line Dancing, Beginners

Great music, fun steps, and exercise! Wear comfortable shoes. (12 hrs)

Instructor: John Martin III

- ▶ 3/4-4/8, Thursday, 6:30-8:30pm, 6 sessions. \$45. ENR 275 231-2

Pilates

Build strength without excess bulk, creating a sleek, toned body; a great core workout. No class 5/31. (12 hrs)

Instructor: Nathalie Meunier

- ▶ 1/25-3/3, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 231-2
- ▶ 3/15-4/21, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 232-2
- ▶ 5/3-6/14, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 233-2
- ▶ 7/12-8/18, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 231-3

Tai Chi, Level I

Great exercise combines the use of the mind, body and spirit into graceful and slow movements. The yang short form will be used. (6 hrs)

Instructor: Tony Burton

- ▶ 1/26-3/2, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 231-2
- ▶ 3/16-4/20, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 232-2
- ▶ 5/4-6/8, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 233-2
- ▶ 6/15-7/20, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 231-3
- ▶ 7/27-8/31, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 232-3

Tai Chi, Level II

A continuation of level 1. Student should take the beginning course twice before taking the advanced class. (6 hrs)

Instructor: Tony Burton

- ▶ 1/26-3/2, Tuesday, 7-8pm, 6 sessions. \$49. ENR 245 231-2
- ▶ 3/16-4/20, Tuesday, 7-8pm, 6 sessions. \$49. ENR 245 232-2
- ▶ 5/4-6/8, Tuesday, 7-8pm, 6 sessions. \$49. ENR 245 233-2
- ▶ 6/15-7/20, Tuesday, 7-8pm, 6 sessions. \$49. ENR 243 231-3
- ▶ 7/27-8/31, Tuesday, 7-8pm, 6 sessions. \$49. ENR 243 232-3

Yoga

Release tension and stress through a series of meditation, breathing and stretching exercises. No experience required. Instructor can adapt class to anyone's need and skill level. Bring mat. No class 5/31 & 7/5. (6 hrs)

Instructor: Anne Ennis

- ▶ 1/11-1/25, Monday, 7-8pm, 3 sessions. \$25.
- ▶ 2/1-3/8, Monday, 7-8pm, 6 sessions. \$49. ENR 234-2 231-2
- ▶ 3/22-4/26, Monday, 7-8pm, 6 sessions. \$49. ENR 234-2 232-2
- ▶ 5/10-6/21, Monday, 7-8pm, 6 sessions. \$49. ENR 234-2 233-2
- ▶ 6/28-8/9, Monday, 7-8pm, 6 sessions. \$49. ENR 234 231-3

Zumba

Try the newest cardio craze-ZUMBA! Dance and exercise fuse hypnotic latin rhythms and easy to follow moves. (6 hrs)

Instructor: Anissa Dearborn

- ▶ 1/12-1/28, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 231-2
- ▶ 2/9-2/25, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 232-2
- ▶ 3/9-3/25, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 233-2
- ▶ 4/13-4/29, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 234-2
- ▶ 5/11-5/27, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 235-2
- ▶ 6/8-6/24, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 231-3
- ▶ 7/6-7/22, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 232-3
- ▶ 8/3-8/19, Tuesdays & Thursdays, 5-6pm, 6 sessions. \$69. ENR 569 233-3
- ▶ Zumba, Drop-In: 1 session, \$15. ENR 571