

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, M-F. Memberships ages 12 & up.

Instructor: 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 will provide: 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. Call 302-854-6966 to schedule an appointment. (2 hrs)

Instructor: Jim Edgerton

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

Ballroom Dancing

Instructors help students learn by breaking 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 302-337-3656. Held at the Howard T. Ennis School Gym. Park in the rear of the school. No class 11/24 or 11/26. (12 hrs)

Instructors: Yvonne & Steve Cimo

- ▶ Swing, Foxtrot, Rhumba Level I, 9/22-12/15, Tuesday, 7-8pm, 12 sessions. \$75. ENR 517 271
- ▶ Cha Cha, Waltz, Tango Level I, 9/22-12/15, Tuesday, 8-9pm, 12 sessions. \$75. ENR 519 271
- ▶ Cha Cha, Waltz, Tango Level II, 9/24-12/17, Thursday, 8-9pm, 12 sessions. \$75. ENR 520 271
- ▶ Swing Foxtrot, Rhumba Level II, 9/24-12/17, Thursday, 7-8pm, 12 sessions. \$75. ENR 568 271



Basketball, Men's (Ages 16 & Up)

No instruction, just organized fun. (20 hrs)

Instructor: Curtis Brock

- ▶ 9/30-12/2, Wednesday, 7:30-9:30pm, 10 sessions. \$69. ENR 202 231

Belly Dance Aerobics

Want a new and different approach to aerobic exercising? High Energy Middle Eastern music is used while mastering basic and fun belly dancing moves. Pump your blood with energy and excitement. No class 11/26. (8 hrs)

Instructor: Lynne Van Hauter

- ▶ 9/17-11/5, Thursday, 6-7pm, 8 sessions. \$59. ENR 521 231
- ▶ 11/12-1/21, Thursday, 6-7pm, 8 sessions. \$59. ENR 521 232

How can I learn about other classes and offerings?

For a full listing of classes and offerings, please visit www.dtcc.edu/ccp or call 302-854-6966. If you would like to receive mailed information regarding our Adult Plus+, Personal Development or Professional Development classes, please call 302-854-6966 and ask to be added to our mailing list.

Belly Dance Choreography

Learn about the culture of the Middle East through dance technique and music. Zills costuming, mini lectures, embellishments are only some of the extras. Fun class for mothers and daughters. Instructor has 25 years experience in performing and teaching. No class 11/26. (8 hrs)

Instructor: Lynne Van Hauter

- ▶ 9/17-11/5, Thursday, 7-8pm, 8 sessions. \$59. ENR 522 231
- ▶ 11/12-1/21, Thursday, 7-8pm, 8 sessions. \$59. ENR 522 232

Cardio Combo Class

High-Low, you take it the way you want to go. We mix it up to keep your body reved up. You may bring your own stretching mat for cool downs. (12 hrs)

- ▶ 9/22-10/29, Tuesday & Thursday, 5-6pm, 12 sessions. \$65. ENR 523 231
- ▶ 11/3-12/15, Tuesday & Thursday, 5-6pm, 12 sessions. \$65. ENR 523 232

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

- ▶ 9/14-9/30, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 271
- ▶ 10/12-10/28, Monday & Wednesday, 5-6pm, 6 sessions. \$89. ENR 200 272

Horseback Riding (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

- ▶ 9/9-9/30, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 271
- ▶ 10/14-11/4, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 272
- ▶ 11/18-12/9, Wednesday, 6-7pm, 4 sessions. \$59. ENR 204 273

Pilates

Build strength without excess bulk, creating a sleek, toned body. This is a great core workout. (12 hrs)

Instructor: Nathalie Meunier

- ▶ 9/21-10/28, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 231
- ▶ 9/21-10/28, Monday & Wednesday, 6-7pm, 12 sessions. \$79. ENR 270 232
- ▶ 11/2-12/9, Monday & Wednesday, 5-6pm, 12 sessions. \$79. ENR 270 233
- ▶ 11/2-12/9, Monday & Wednesday, 6-7pm, 12 sessions. \$79. ENR 270 234

Tai Chi, Level I

This 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

- ▶ 9/15-10/20, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 231
- ▶ 10/27-12/1, Tuesday, 6-7pm, 6 sessions. \$49. ENR 243 232

Tai Chi, Level II

A continuation of the first Tai Chi class. The student should have taken the beginning course twice before taking the advanced class. (6 hrs)

Instructor: Tony Burton

- ▶ 9/15-10/20, Tuesday, 7-8pm, 6 sessions. \$49. ENR 245 231
- ▶ 10/27-12/1, Tuesday, 7-8pm, 6 sessions. \$49. ENR 245 232

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. (6 hrs)

Instructor: Anne Ennis

- ▶ 9/21-10/26, Monday, 7-8pm, 6 sessions. \$49. ENR 234 231
- ▶ 9/23-10/28, Wednesday, 7-8pm, 6 sessions. \$49. ENR 234 232
- ▶ 11/2-12/7, Monday, 7-8pm, 6 sessions. \$49. ENR 234 233
- ▶ 11/4-12/9, Wednesday, 7-8pm, 6 sessions. \$49. ENR 234 234