

Adult Fitness 2009:

- All classes are based on a continuous 8 week cycle.

Keep it Fit! Held on Monday and Wednesday mornings from 9:45 am – 11 am. This class is designed to strengthen your body and tone those muscles starting with limited aerobics to strengthen your heart and warm your body, finish with sculpting exercises with hand weights, stability balls, bands, and more. The class is held at the Community Building, 3700 Davidsburg Road. **January 5th - February 26th**



Adult Evening Aerobics! Held Monday, Wednesday, and Thursday evenings from 7pm- 8 pm. This class is a mix of step aerobics, floor aerobics, Kick-boxing and body toning with stability balls, bands, and more! Yoga and Pilates are also incorporated into the program. Everyone is encouraged to work at their own fitness level. The class is held at the Community Building, 3700 Davidsburg Road. **January 5th - 26th.**

Zumba is Here! Held Monday and Thursday Evenings from 6- 7 pm. This class combines latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba is derived from a Colombian word meaning to move fast and have fun! The class is held at the Community Building, 3700 Davidsburg Road. **January 8th - February 26th.**

For ALL Adult Fitness Programs the cost is \$25 Punch Card for all residents in the Dover School District and \$30 Punch Card for non-residents. Fitness Punch Cards are good for all Fitness Programs except Yoga. Punch Cards expire 12/31/2009.

Benefits to exercise:

- Reduce the risk of developing heart disease
- Reduce high blood pressure
- Reduce high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety
- Improve psychological well-being
- Enhanced work, recreation, and sport performance

Gentle Yoga: Held on Tuesday and Thursday evenings from 5:30 – 6:30 pm at the Dover Township Municipal Building, 2480 W. Canal Road. This is a beginner's yoga class. Relax, release stress and enjoy. Let your body surprise you with how quickly it gains flexibility and balance. You are welcome to move at your own pace and do only the poses you are comfortable in doing. Please bring your own yoga mat.

Intermediate Yoga: Held Tuesday and Thursday evenings from 6:45 – 7:45 pm at the Dover Township Municipal Building, 2480 W. Canal Road. This is a great workout



leaving you both revitalized and relaxed. It is a great way to gain flexibility while both strengthening and toning muscles. It is also a fabulous stress reducer. This class is not suited for anyone with back or wrist injuries. Please bring your own yoga mat.

Yoga Punch Card: Cost is \$30 Yoga Punch Card for Residents and \$33 Punch Card for Non-Residents. Class is limited to 20 participants so please register early.

For more information or to sign up for one of our upcoming events please call Kristal Narkiewicz at Dover Township at 292-3634