

GROUP EXERCISE SCHEDULE

The Howard County 50+ Group Fitness Pass



Enrichment. Engagement.
Connection. Growth.

All-in-One — Get it all in one class! Take in all the elements of fitness: cardio, strength training, balance, and flexibility. Bring a mat for floor work.

Barre — Uses ballet, Pilates and functional barre movements that lengthen and strengthen the body and improve flexibility. No prior dance experience needed. Bring a yoga mat; a chair may be used in lieu of a barre.

Cardio Kickboxing — Learn basic punches and kicks and put them to easy-to-follow combinations. This total-body workout increases overall strength and cardiovascular fitness.

Floor, Core & More — Targets challenging muscles of your core: hips, glutes, lower back, legs, and abs. Class uses a Pilates ball, yoga blocks, dumbbells, and versa loops.

Gentle Yoga — Build strength through gentle yoga stretches and strengthening exercises. An additional component helps build bone density and increase range-of-motion. Bring a yoga mat.

Pilates — Using the abdominal exercises of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability, and flexibility to your body. Bring a yoga mat.

Power — A strength-training class to help retain or regain muscle tone. Includes a warm-up and uses dumbbells (or weighted substitutes) and/or resistance tubing to improve body composition and increase lean muscle mass.

Yoga Fusion — Combine the stretching of yoga with the core building and strengthening of Pilates. Bring a mat, yoga strap and two yoga blocks.

Zumba® Gold — A fun, safe and effective dance format to Latin and international rhythms in an easy-to-follow program. You move to the beat at your own pace.

Zumba® Gold Toning — A high-energy class that combines targeted body sculpting exercises and cardio work with Latin-infused Zumba moves using lightweight, maraca-like sticks to enhance rhythm and tone muscle.

Bain 50+ Group Classes

| | 8:45 TO 9:35 AM | • 10:00 TO 10:50 AM |
|-----------|--------------------|---------------------|
| MONDAY | Floor, Core & More | Zumba® Gold |
| TUESDAY | Power | Barre |
| WEDNESDAY | Cardio Kickboxing | Pilates |
| THURSDAY | Power | Gentle Yoga |
| FRIDAY | Floor, Core & More | Zumba® Gold |

Ellicott City 50+ Group Classes

| | 8:45 TO 9:35 AM | • 10:00 TO 10:50 AM |
|-----------|--------------------|---------------------|
| MONDAY | Zumba® Gold Toning | Power |
| TUESDAY | Gentle Yoga | Zumba® Gold |
| WEDNESDAY | Power | Zumba® Gold |
| THURSDAY | Gentle Yoga | Zumba® Gold |
| FRIDAY | All-in-One | Yoga Fusion |

Participants should be able to get up and down from the floor and walk without assistance to receive the greatest benefits from these programs. Instructors show options with progressions and modifications.

Participation Fees AND More Information

Quarterly Pass: \$75 every three months*

Monthly Pass: \$35/month*

(all passes begin the date of purchase)

Drop-in Rate: \$10 per class

* Non-Howard County Residents:

\$100/ every three months or \$45/monthly

Pass can be used at both the Bain 50+ and Ellicott City 50+ Fitness Centers.