Enjoy exercising indoors at our community centers (pages 8-9).

Fitness

- Classes are for 18 years and up.
- Participants 12-17 years old may register, but must be accompanied by a participating parent/guardian.
- Classes listed in alphabetical order.
- Date of last class may change due to unforeseen circumstances.
- You do not need to be a Community Center member to attend HCRP fitness classes at our Community Centers.
- Registration: 410-313-7275.
- Info/Fitness Waiver: Nicola Morgal, 410-313-4718 or nmorgal@howardcountymd.gov.

Aerobics & Conditioning (18 yrs +)

For Beginner Strength Training, ages 13-16, please see page 84.

All-Out Zumba with Kirsten Potter, ZUMBA

14 classes starting Apr 8 / $89

Ditch the workout and come party! Zumba fitness allows you to quickly burn calories while enjoying a party atmosphere. It's fun and effective! Before you know it, you'll be getting fit and your energy levels will soar! All levels welcome.

RP8440.301	Bonnie Branch MS	7-8 PM	M & W

AM Fitness Workout with Vickie Jacobs, AFAA, AAAI

16 classes start dates below / $88

Warm up with fun and easy moves, then move to the Precor cardio and strength training equipment for 40 minutes. Finish your workout with a great stretch to improve overall flexibility and balance. This class is perfect for all fitness levels! Fitness waiver must be completed prior to exercising. Info/Fitness Waiver: Nicola Morgal, 410-313-4718 or 410-313-2764.

RP8669.301	Roger Carter Comm Ctr	Apr 7	8-9 AM	Tu & Th
RP8669.302	Roger Carter Comm Ctr	Apr 7	9-10 AM	Tu & Th
RP8669.303	Roger Carter Comm Ctr	Apr 7	11 AM-noon	Tu & Th
RP8669.401	Roger Carter Comm Ctr	Jun 16	8-9 AM	Tu & Th
RP8669.402	Roger Carter Comm Ctr	Jun 16	9-10 AM	Tu & Th
RP8669.403	Roger Carter Comm Ctr	Jun 16	11 AM-noon	Tu & Th

Aqua Zumba

8 classes, start dates below / $80

Known as the ZUMBA pool party, this Aqua Zumba class gives new meaning to the idea of an invigorating workout! Splashing, stretching, twisting, laughing, hooting and hollering – experience it all at Aqua Zumba class. Blend together the Zumba formula and philosophy with traditional aqua fitness in a safe, challenging water-based workout that's cardio-conditioning, body-tightening, and most of all, exhilarating!

Tracy Cox / Roger Carter Comm Ctr

RP8612.301	Apr 7	9:45-10:30 AM	Tu & Th
RP8612.311	May 12	9:45-10:30 AM	Tu & Th
RP8612.401	Jun 16	9:45-10:30 AM	Tu & Th
RP8612.411	Jul 21	9:45-10:30 AM	Tu & Th

Meridith Hurd / Roger Carter Comm Ctr

RP8612.302	Apr 7	6:30-7:15 PM	Tu & Th
RP8612.312	May 12	6:30-7:15 PM	Tu & Th
RP8612.402	Jun 16	6:30-7:15 PM	Tu & Th
RP8612.412	Jul 21	6:30-7:15 PM	Tu & Th

Barre Burn with Rebecca Sigmund

6 or 8 classes, start dates & prices below

Ballet movements combine with floor work and fitness exercises for a full workout. Sculpt and tone your body while gaining a dancer's sense of alignment and physical control. Finish with a cool down and stretch. Bring 4-to-5-lb. weights, mats are provided but you are encouraged to bring your own.

6 classes / $54

RP8282.301	Kinetics Dance Theatre	Apr 8	8-9 PM	W

8 classes / $72

RP8282.401	Kinetics Dance Theatre	Jun 15	8-9 PM	M

Bender Barre with Heather Snyder, AFAA

8 classes starting Apr 7 / $54

Enjoy a cutting-edge, safe and progressive method of barre training that lengthens and strengthens your muscles and improves your flexibility and posture. This new, fun class gives you great results!

RP8130.301	Gary J Arthur Comm Ctr	6:30-7:25 PM	Tu

Body Conditioning with Cyndi Kummerlowe, AFAA

16 classes starting Apr 7 / $48

Stretch, strengthen and tone your body! This combination class includes 25 minutes of a low-impact cardio workout followed by beneficial strength training. Bring a mat and 2-to-5-lb. hand weights.

RP8220.301	Rockburn ES	7:05-8 PM	Tu & Th

"Build Your Engine" Strength Training with Christy Edwards, ACE Personal Trainer

14 classes starting Apr 8 / $52

Build your muscles that burn the fuel! In our 30s, our metabolism slows down… so help speed it up with strength and resistance training. Change your body composition, feel stronger and healthier, and look great! Challenge and strengthen muscle groups to achieve balance, energy, confidence, and an increased metabolism. Bring a mat and hand weights.

RP8506.301	Thunder Hill ES	7-8 PM	M & W

Cardio Blast Interval with Beth Harbinson, AFAA

9 or 14 classes, start dates & prices below

This highly effective class includes a 25-minute cardiovascular workout with intense intervals to boost metabolism and 35 minutes of muscle conditioning, core work and stretching. All levels enjoy an intense, energetic workout! Bring hand weights (5 lbs recommended) and a mat.

14 classes / $49

RP8422.301	Veterans ES	Apr 8	7-8 PM	M & W

9 classes / $32

RP8422.401	Meadowbrook Ath Comp	Jul 2	7-8 PM	M & W

Cardio Crunch Challenge with Lori Nowicki, ACE

Classes, start dates & prices below

This class has it all! With each new rotation of classes, experience something new to challenge every muscle. Classes rotate between aerobics, step, circuit, boot camp, kickboxing, athletic training, Zumba and intervals. Each class consists of 45 minutes of cardio mixed with strength, core, flexibility and balance training. Experience a high-energy class at high or low impact, take the challenge and have fun! Bring mat and hand weights. Steps and resistance bands provided.

8 classes / 1 day per wk / $40

RP8481.301	Cedar Lane Rec Ctr	Apr 8	9:30-10:45 AM	M or W

16 classes / 2 days per wk / $71

RP8481.302	Cedar Lane Rec Ctr	Apr 8	9:30-10:45 AM	M & W

12 classes / 2 days per wk / $54

RP8481.401	Cedar Lane Rec Ctr	Jun 15	9:30-10:45 AM	M & W

Cardio Dance with Sandra Duerr

8 classes starting Apr 10 / $56

A fun choreographed dance class that goes from warm-up steps to heart-pounding dances, giving you an aerobic workout that helps to sculpt your body and makes you feel good about yourself. No sit ups or repetitions. We dance the inches away! We sweat, we laugh and we burn lots of calories!

RP8225.301	Roger Carter Comm Ctr	11:15-12:05 AM	F

Cardio Fusion with Marianne Larkin, AAAI

Classes, start dates & prices below

Your favorite cardio and toning formats are combined in one challenging, power-packed workout. The easy-to-follow moves are demonstrated at various intensity levels so you can customize the workout to fit your level. Pump up your workouts and burn fat with a mix of everything from step, high/low and boot camp to core strength, balance and agility exercises inspired by yoga and Pilates. Bring a mat and hand weights. Steps and bands provided.

8 classes / 1 day per wk / $40

RP8482.301	Gary J Arthur Comm Ctr	Apr 8	9:35-10:50 AM	M or W

16 classes / 2 days per wk / $71

RP8482.302	Gary J Arthur Comm Ctr	Apr 8	9:35-10:50 AM	M & W

12 classes / 2 days per wk / $54

RP8482.401	Gary J Arthur Comm Ctr	Jun 15	10-10:50 AM	M & W

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flickr /photos/hocorec

Cardio Kickboxing with R-Legacy Fitness, AFAA

8 or 16 classes, start dates & prices below

Exercise has never been so much fun! Cardio Kickboxing is a calorie-burning, dance-party exercise routine that combines kickboxing, aerobics and dance with great music. Come out and get in shape and have fun doing it!

8 classes / 1 day per wk / $43

RP8550.301	N Laurel Comm Ctr	Apr 7	6:45-7:45 PM	Tu or Th

16 classes / 2 days per wk / $72

RP8550.302	N Laurel Comm Ctr	Apr 7	6:45-7:45 PM	Tu & Th

8 classes / 1 day per wk / $43

RP8550.401	N Laurel Comm Ctr	Jun 16	6:45-7:45 PM	Tu or Th

16 classes / 2 days per wk / $72

RP8550.402	N Laurel Comm Ctr	Jun 16	6:45-7:45 PM	Tu & Th

Cardio Sculpt with Loretta Lambert

14 or 16 classes, start dates & prices below

Warm up, cool down and experience a fun, all-over body workout in this new combination class that includes a low-impact, cardiovascular dance aerobic workout and toning exercises all choreographed to music. This program is for everyone who wants to get in shape and have fun doing it! Please bring a mat and hand weights.

14 classes / $51

RP8290.301	Stevens Forest ES	Apr 8	7-8 PM	M & W

16 classes / $59

RP8290.401	Cedar Lane Rec Ctr	Jun 15	6:30-7:30 PM	M & W

Circuit Weight Training with Amanda Demeusy, AFAA

16 classes, start dates below / $87

This super-fun workout trains your multiple muscle groups using Precor equipment. In just one hour, you get a thorough, total-body workout, including fat-burning cardio intervals. Each class finale includes targeted, no-nonsense exercises on the floor. Totally customizable, this workout is an effective way to keep challenging yourself as you gain strength. Guaranteed to be a super-motivational experience!

RP8660.301	Roger Carter Comm Ctr	Apr 8	9:15-10:15 AM	M & W
RP8660.401	Roger Carter Comm Ctr	Jun 15	9:15-10:15 AM	M & W

Fit Jam: Cardio Party with Liz Rolland

8 classes, start dates below / $80

Think all workouts are boring? Think again! Join this cardio party and dance the night away to the hottest hits from around the globe. Learn the basic steps from salsa, Cumbia, hip hop and many more dance styles. Simple choreography is very easy to learn, no experience necessary! Bring a friend and have a blast while burning tons of calories! Get ready to be gorgeous! Bring a towel and water bottle.

RP8350.301	Gary J Arthur Comm Ctr	Apr 13	5:45-6:45 PM	M
RP8350.302	Mt. View MS	Apr 8	9:15-10:15 AM	W
RP8350.303	Gary J Arthur Comm Ctr	Apr 9	5:45-6:45 PM	Th
RP8350.401	Gary J Arthur Comm Ctr	Jun 15	5:45-6:45 PM	M
RP8350.402	Gary J Arthur Comm Ctr	Jun 18	5:45-6:45 PM	Th

Fit Jam: Fire and Spice! With Liz Rolland

8 classes, start dates below / $80

Think all workouts are boring? Think again! Spice up your workout with this unique blend of Pilates matwork, cardio dance fitness and yoga stretches set to the hottest music from around the globe. Incinerate mega calories while toning and tightening all those problem zones. Learn the basic moves first, then challenge your workout more with light weights, stability balls and bands (provided). Bring a thick yoga mat and a water bottle.
This workout is hot stuff!

RP8351.301	Gary J Arthur Comm Ctr	Apr 10	9:35-10:35 AM	F
RP8351.401	Gary J Arthur Comm Ctr	Jun 19	9:35-10:35 AM	F

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La Canne (French Cane Fighting) with Steve Savoie

8 classes, start dates below / $46

Get a great workout while learning the unique French sport of *Canne De Combat* (French stick fighting). Focus on basic strikes, blocks, lunges and evasions while increasing flexibility, coordination and strength. A unique class. Once you try it, you'll love it! No experience required. Sticks provided. Shin guards recommended.

RP8505.301	Cedar Lane Rec Ctr	Apr 9	8:15-9:15 PM	Th
RP8505.401	Cedar Lane Rec Ctr	Jun 18	8:15-9:15 PM	Th

Piloxing with Heather Snyder, AFAA

8 classes, start dates below / $54

Enjoy a non-stop, cardio fusion of Pilates, boxing, and dance that pushes you past your limits for a sleek and powerful you! This class blends the power, speed, and agility of boxing with the flexibility and sculpting of Pilates to give you a muscle-toning, fat-burning, exhilarating workout that makes you feel physically and mentally empowered!

RP8135.301	Gary J Arthur Comm Ctr	Apr 7	7:30-8:30 PM	Tu

Power Punch Workout with R-Legacy Fitness, AFAA

8 or 16 classes, start dates & prices below

This high energy, total-body workout combines martial arts based moves with kicks, punches and sculpting combinations. You tighten and tone your entire body while punching away stress using a punching bag. Take your fitness routine to the next level! Freestanding punching bags are provided. Please bring gloves or wraps.

8 classes / 1 day per wk / $59				
RP8551.301	N Laurel Comm Ctr	Apr 7	6-6:45 PM	Tu or Th
16 classes / 2 days per wk / $99				
RP8551.302	N Laurel Comm Ctr	Apr 7	6-6:45 PM	Tu & Th
8 classes / 1 day per wk / $59				
RP8551.401	N Laurel Comm Ctr	Jun 16	6-6:45 PM	Tu or Th
16 classes / 2 days per wk / $99				
RP8551.402	N Laurel Comm Ctr	Jun 16	6-6:45 PM	Tu & Th

Step & Sculpt! with Marianne Larkin, AAAI

Classes, start dates & prices below

Enjoy an invigorating, fun, medium-to-high-intensity class that has it all. Pump up your cardiovascular fitness and challenge your brain with turbo-charged combinations in the latest in step choreography. Knowledge of aerobic step terms is recommended. Moves are demonstrated at various intensity levels so you can customize the workout to fit your needs. Continue this total-body workout with strength, core and ab exercises using hand weights, medicine balls, stability balls and resistance bands (provided) and finish with an energized stretch.

8 classes / 1 day per wk / $43				
RP8300.301	Gary J Arthur Comm Ctr	Apr 18	8:30-9:45 AM	Sa
8 classes / 1 day per wk / $33				
RP8300.311	Mt. View MS	Apr 7	7-8 PM	Tu or Th
16 classes / 2 days per wk / $59				
RP8300.312	Mt. View MS	Apr 7	7-8 PM	Tu & Th
6 classes / 1 day per wk / $32				
RP8300.401	Gary J Arthur Comm Ctr	Jun 20	8:30-9:45 AM	Sa
6 classes / 1 day per wk / $28				
RP8300.411	Gary J Arthur Comm Ctr	Jun 16	7-8 PM	Tu or Th
12 classes / $50				
RP8300.402	Gary J Arthur Comm Ctr	Jun 16	7-8 PM	Tu & Th

Tabata Boot Camp with Lori Nowicki, ACE

6 or 8 classes, start dates & prices below

Get great results in a short time! This boot camp is based on the most effective high-intensity interval training (20 seconds on, 10 seconds rest). This program includes three types of Tabata for maximum results. Burn 5x more calories after exercise. Our motto is more is not better, better is better! Workout can be modified.

8 classes / $40				
RP8485.301	Roger Carter Comm Ctr	Apr 10	9:10-9:40 AM	F
6 classes / $30				
RP8485.401	Roger Carter Comm Ctr	Jun 19	9:10-9:40 AM	F

Trim & Tighten

Classes, start dates & prices below

Enjoy fun and beneficial exercises that tone and strengthen all your muscle groups! Bring a mat; 2-to-5-lb. hand weights are optional.

Jeanne Sealing, ACE

14 classes / $42				
RP8210.301	Burleigh Manor MS	Apr 8	6:30-7:25 PM	M & W
16 classes / $48				
RP8210.311	N Laurel Comm Ctr	Apr 7	9-9:50 AM	Tu & Th

Marianne Larkin, AAAI

16 classes / $48				
RP8210.302	Mt. View MS	Apr 7	6-6:55 PM	Tu & Th
12 classes / $36				
RP8210.402	Gary J Arthur Comm Ctr	Jun 16	6-6:55 PM	Tu & Th

Zumba

8 classes, start dates below / $99

Enjoy this Latin cardio-dance fitness craze to the pulsating rhythms of Reggaeton, Samba, Salsa, Afrobeat, and more! Join us as we tone and burn calories at this weekly dance party!

Leilani, ZUMBA, AFAA

RP8360.302	N Laurel Comm Ctr	Apr 11	9:30-10:30 AM	Sa
RP8360.402	N Laurel Comm Ctr	Jun 20	9:30-10:30 AM	Sa

Zumba Basic with Stephanie Scott, ZUMBA

8 classes, start dates below / $53

****Join us for a free class on Apr 8 from 5:30-6:30 PM.**
Call RCCC directly at 410-313-2764 to sign up!**

Exercise in disguise! This fun, high-energy class involves dance and aerobic elements. It's easy, fun, and safe for all fitness levels. Enjoy the following dance styles: American, Cumbia, salsa, meringue, and more while getting in shape! Reduce weight, build strength and stamina, improve motion, cardio and posture, and socialize! Join the party! Come dance like no one is watching!

RP8330.301	Roger Carter Comm Ctr	Apr 13	5:30-6:30 PM	M
RP8330.302	Roger Carter Comm Ctr	Apr 15	5:30-6:30 PM	W
RP8330.401	Roger Carter Comm Ctr	Jun 15	5:30-6:30 PM	M
RP8330.402	Roger Carter Comm Ctr	Jun 17	5:30-6:30 PM	W

To register, visit
www.howardcountymd.gov/rap
or call 410-313-7275.

Want something new in your workout routine? Come try one of the many classes run by professionals.

Zumba!

14 or 16 classes, start dates & prices below

Let's face it, working out can be healthy, rewarding, and beneficial, but it may not always be fun . . . until now! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic workout system that blows you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body and burn fat. All levels are welcome.

16 classes / $120

Amanda Demeusy, AFAA, Zumba

RP8430.301	Roger Carter Comm Ctr	Apr 8	10:30-11:20 AM	M & W
RP8430.401	Roger Carter Comm Ctr	Jun 15	10:30-11:20 AM	M & W

Valerie Stewart, Zumba

RP8430.302	N Laurel Comm Ctr	Apr 8	6:30-7:20 PM	M & W
RP8430.402	N Laurel Comm Ctr	Jun 15	6:30-7:20 PM	M & W

14 classes / $105

Jan Smith, Zumba

RP8430.303	Mt. View MS	Apr 8	6:30-7:20 PM	M & W

Zumba Circuit with Anna Whittaker, ZUMBA

8 classes starting Apr 7 / $54

Enjoy a high-energy, calorie-blasting, metabolism-boosting fun class that combines both the strength training benefits of circuit training with the dance moves of Zumba!

RP8432.301	Mt. View MS	9:30-10:20 AM	Tu

Zumba with Sandra Duerr

7 classes starting Apr 13 / $49

Come get a great total-body dance workout using pulsating Latin music and a mix of Latin and international dance styles (Merengue, salsa, cumbia, flamenco and more). Everything moves – from your head to your toes! Get wild, party and sweat off those pounds and inches!

RP8226.301	Fulton ES	7:15-8:15 PM	M

NEW! Zumba Step with Jan Smith AFAA, ZUMBA

7 classes, starting Apr 13 / $47

Come enjoy a class that combines all the toning and strengthening for your legs and glutes in a traditional step class with the exotic rhythms and high-energy fun of Zumba!

RP8431.301	Mt. View MS	7:30-8:20 PM	M

Health & Relaxation

- Registration: 410-313-7275.
- Info: Nicola Morgal: 410-313-4718 or nmorgal@howardcountymd.gov

Hatha Yoga for Flexibility & Relaxation with Kris Copeman

6 or 8 classes, start dates & prices below

Create a calm, peaceful awareness of both body and mind through the ancient art of yoga. Classic yoga postures and breathing techniques are practiced in a flowing style that integrates movement and breath. Come prepared to lengthen, strengthen, and relax. Beginning and ongoing students are welcome. Yoga mats/blocks provided.

6 classes / $54

RP8240.301	Kinetics Dance Theatre	Apr 9	9:45-10:45 AM	Th
RP8240.302	Kinetics Dance Theatre	Apr 9	8:30-9:30 PM	Th

8 classes / $72

RP8240.401	Kinetics Dance Theatre	Jun 18	8:30-9:30 PM	Th

Introduction to Pilates with Christine Williams

8 classes, start dates below / $99

Stretch, strengthen and balance your body with a systematic practice of specific exercises and breathing patterns that connect your mind, body, and spirit. Help relieve stress while you lengthen and strengthen your powerhouse/abdominals. This class is designed for the beginner to the advanced Pilates practitioner.

Please bring a mat and wear comfortable shoes.

RP8155.301	Misako Ballet Studio	8:30-9:30 AM	Sa

NEW! Pilates Plus with Liz Rolland

8 classes starting Apr 8 / $96

This hour-long matwork class strengthens and tones all major muscle groups, focusing specifically on abdominals, back, hips, and thighs. Learn to correctly perform the 41 original basic matwork exercises and modify them to your own needs. Enjoy gentle yoga stretches and a full-body relaxation that leaves you refreshed and ready to face your day! Bring a yoga or Pilates mat and a thick beach towel.

RP8384.301	Mt. View MS	10:30-11:30 AM	W

NEW! Pilates with Marc Scimonelli, AFAA, NETA, Pilates

16 classes, start dates below / $72

This whole-body program emphasizes core strengthening for abdominal and lower back muscles. Tone and lengthen your muscles, increase your strength, improve your posture and flexibility, and have fun doing it!

RP8420.301	Cedar Lane Rec Ctr	Apr 8	7:30-8:30 PM	M & W
RP8420.401	Cedar Lane Rec Ctr	Jun 15	7:30-8:30 PM	M & W

Power Yoga Intermediate with Kris Copeman

6 classes starting Apr 9 / $54

This class is an energizing, athletic way of practicing yoga postures that emphasizes strength, flexibility, and stamina while creating the calm awareness to the mind and body. If you want a fitness-based class designed to build upper-body and core strength while increasing flexibility and reducing stress, this Ashtanga-based yoga is for you! This is an intermediate class; prior yoga experience is required. Yoga mats/blocks provided.

RP8241.301	Kinetics Dance Theatre	11 AM-noon	Th

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Revive, Relax and Renew with Yoga with Mary Garratt, NETA, RYT200

6 or 8 classes, start dates & prices below

Even if you can't twist into a pretzel, you can enjoy yoga. Classes are an active, physical workout and a relaxing, meditative work-in. This class is for beginners or those with some yoga experience. Explore and expand your own strength, flexibility, balance, and focus. You leave each class feeling better than when you walked in. Bring a mat/blanket.

8 classes / $77

RP8252.301	Gary J Arthur Comm Ctr	Apr 13	7-8 PM	M
RP8252.302	Gary J Arthur Comm Ctr	Apr 8	5:45-6:45 PM	W
RP8252.303	Roger Carter Comm Ctr	Apr 8	1:20-2:20 PM	W

6 classes / $57

RP8252.401	Gary J Arthur Comm Ctr	Jun 15	7-8 PM	M
RP8252.402	Gary J Arthur Comm Ctr	Jun 17	5:45-6:45 PM	W
RP8252.403	Roger Carter Comm Ctr	Jun 17	1:20-2:20 PM	W

Scoop Pilates II with Lori Nowicki, AAAI, AFPA

12 or 16 classes, start dates & prices below

Pilates is the ultimate mind-body exercise program. This class, designed for the experienced Pilates exerciser, can be modified for the beginner. Exercises incorporate multiple repetitions, mixed tempos, added equipment and reformer-like movements. Strengthen your legs, arms, and core; increase your flexibility; and reduce stress! Focus is on core, balance, breathing, and alignment. Bring your own mat and ball.

16 classes / $112

RP8154.301	Cedar Lane Rec Ctr	Apr 7	9-10 AM	Tu & Th

12 classes / $84

RP8154.401	Cedar Lane Rec Ctr	Jun 16	9-10 AM	Tu & Th

Sunday Afternoon Yoga with Mary Garratt, NETA, RYT200

6 or 8 classes, start dates & prices below

Ease your way from the weekend to the work week with yoga. Come refresh your body and calm your mind. Whether you're new to yoga or have experience, enjoy the benefits of an energizing, physical workout and a soothing, meditative work-in. Explore and expand your strength, flexibility, balance and focus. Leave each class relaxed and ready to take on the week!

8 classes / $77

RP8252.312	Gary J Arthur Comm Ctr	Apr 12	2-3 PM	Su

6 classes / $57

RP8252.412	Gary J Arthur Comm Ctr	Jun 21	2-3 PM	Su

Tai Chi

8 classes, start dates below / $62

Tai Chi offers a variety of health benefits, including joint stability, balance and coordination. It improves mental focus, increases energy and releases stress. (No class 5/25.) Info: Amanda Bartell, 410-313-1694 or abartell@howardcountymd.gov.

Tim Kwei

RP8850.301	Beg	Dunloggin MS	Apr 15	7-8 PM	W
RP8850.302	Adv	Dunloggin MS	Apr 15	8:05-9:05 PM	W

Scott Vandame

RP8850.303	Beg	Murray Hill MS	Apr 16	7-8 PM	Th
RP8850.304	Adv	Murray Hill MS	Apr 16	8:05-9:05 PM	Th

NEW! Yoga for a Stressful World with Liz Rolland

8 classes, start dates below / $96

Step out of the busy chaos of life and learn to slow down and breathe. Practice tuning out the noise of the world while tuning in to peace and joy. Relieve stress and tension with simple, safe yoga postures and sequences, gentle stretches, deep breathing techniques, and guided relaxation, including yoga nidra. No prior yoga experience necessary. Please bring a yoga mat and a thick beach towel to each class.

RP8284.301	Roger Carter Comm Ctr	Apr 13	9:15-10:15 AM	M
RP8284.302	Gary J Arthur Comm Ctr	Apr 10	10:50-11:50 AM	F
RP8284.401	Roger Carter Comm Ctr	Jun 15	9:15-10:15 AM	M
RP8284.402	Gary J Arthur Comm Ctr	Jun 19	10:50-11:50 AM	F

Yogalates with EC Goode

6 or 8 classes, start dates and prices below

This class merges two disciplines, yoga, and Pilates. A fusion of the ancient discipline of yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, tone muscles, increase flexibility and reduce stress. Beginning and ongoing students are welcome. Yoga mats/blocks are provided, but please bring your own mat if you have one.

6 classes / $54

RP8244.301	Kinetics Dance Theatre	Apr 7	8:30-9:30 PM	Tu

8 classes / $72

RP8244.401	Kinetics Dance Theatre	Jun 16	8:30-9:30 PM	Tu

Adults (55 yrs +)

- Registration: 410-313-7275.
- Info/Fitness Waiver: Nicola Morgal: 410-313-4718 or nmorgal@howardcountymd.gov or www.howardcountymd.gov/RecandParksForms.htm.

Be Seated with Vickie Jacobs 55 yrs +

16 classes, start dates below / $75

This gentle, easy class includes a warm-up, joint mobility moves, muscle strengthening, balance and stretching, all components to help maintain an active and independent lifestyle.

RP8670.301	Roger Carter Comm Ctr	Apr 7	10:10-10:55 AM	Tu & Th
RP8670.401	Roger Carter Comm Ctr	Jun 16	10:10-10:55 AM	Tu & Th

Circuit Weight Training for Seniors 55 yrs +

16 classes, start dates below / $87

Some studies indicate that weight training is essential to maintaining health. This class, designed for seniors, combines an aerobic workout with weight training on Precor equipment. A fitness waiver must be completed prior to exercising.

RP8667.301	Roger Carter Comm Ctr	Apr 8	3-4 PM	M & W
RP8667.401	Roger Carter Comm Ctr	Jun 15	3-4 PM	M & W

Exercise with Ease with Joyce DiTomasso 55 yrs +

16 classes starting Apr 9 / $49

This well-rounded hour of fitness for active seniors includes low-impact aerobics, stretching, muscle tone and strength activities aimed at improving endurance, body alignment, balance, and proper breathing. Listen to upbeat music while learning simple choreographed moves.

RP8060.301	E Columbia Lib 50 yrs + Ctr	9-10 AM	Tu & Th
RP8060.302	E Columbia Lib 50 yrs + Ctr	10-11 AM	Tu & Th

Exercise with a friend to ensure that you continue to exercise - it also makes it feel like the time goes by quicker!

Fit & Fun with Pam Beck AAAI

16 classes starting Apr 7 / $88

Don't just sit on the sidelines! Join your friends for some fitness while having fun! Enjoy a cardiovascular workout mixed with strength, balance, flexibility and endurance training. We use light weights, bands, and balls (provided) to enhance your fitness level and making daily living much easier! Seated modifications will be available.

RP8061.301	Roger Carter Comm Ctr	1:30-2:30 PM	Tu & Th

Fitness for Life with Lori Nowicki, AAAI, AFPA 55 yrs +

Classes, start dates & prices below

We don't stop exercising because we get old; we get old because we stop exercising! This class, designed for active adults, combines easy-to-follow aerobics, weight and cardio training on Keiser and Precor equipment, free weights, bands, floor exercises, balance training and stretching. A fitness waiver must be completed prior to exercising.

16 classes / $94				
RP8666.301	N Laurel Comm Ctr	Apr 8	1-2:15 PM	M & W
RP8666.302	Roger Carter Comm Ctr	Apr 7	12:15-1:30 PM	Tu & Th
RP8666.303	Gary J Arthur Comm Ctr	Apr 7	10:30-11:45 AM	Tu & Th
8 classes / $47				
RP8666.312	Roger Carter Comm Ctr	Apr 10	9:45-11 AM	F
12 classes / $71				
RP8666.401	N Laurel Comm Ctr	Jun 15	1-2:15 PM	M & W
RP8666.402	Roger Carter Comm Ctr	Jun 16	12:15-1:30 PM	Tu & Th
RP8666.403	Gary J Arthur Comm Ctr	Jun 16	10:30-11:45 AM	Tu & Th
6 classes / $36				
RP8666.412	Roger Carter Comm Ctr	Jun 19	9:50-11:05 AM	F

HAVE AN IDEA FOR A NEW PROGRAM?

Tell us by calling 410-313-4700 or 410-313-7275!

FIVE+ FIVE. ALIVE.

HANDS-ONLY CPR TRAINING

- **Howard County Fire and Rescue Services is offering Hands-Only CPR Training. Please see class offerings listed below.**
- **Classes are open to Howard County residents, businesses, and employees, and are free of charge.**
- **Register at www.howardcountymd.gov, search CPR Trainings, email handsonlycpr@hcdfrs.org or use out QR Code at the bottom of the page.**

Adult, Child, & Infant (CPR, Choking, & AED)

Class location: Howard County Department of Fire and Rescue Services
6751 Columbia Gateway Dr, Columbia, MD 21046

Mar 10	6-8 PM
May 21	6-8 PM
Mar 14	10 AM-noon
Jun 9	6-8 PM
Apr 7	6-8 PM

Class location: James N. Robey Public Safety Training Center
2200 Scott Wheeler Dr, Marriottsville, MD 21104

Mar 26	6-8 PM
May 16	10 AM-noon
Apr 23	6-8 PM
Jun 18	6-8 PM
May 5	6-8 PM

This is a non-certification class.

Contact Us:
Howard County Fire and Rescue Services
6751 Columbia Gateway Drive
Columbia, MD 21046
Suite 400

Phone: 410-313-2016

E-mail: handsonlycpr@hcdfrs.org

Fitness