

STAY ACTIVE, HEALTHY AND CONNECTED FROM HOME

HoCo 50+ Virtual Fitness Pass

For one monthly fee, enjoy all of these exercise classes from the comfort of your own home using a laptop, tablet or personal computer.

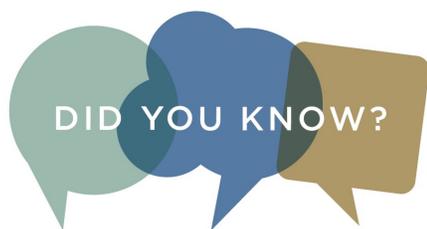
To participate in the Fitness Pass, you must be a member of Howard County's 50+ Centers.

Monthly fee is \$50 and any registration accepted on or after the 15th of the month pays \$30.



- ◆ ZUMBA GOLD
- ◆ PILATES
- ◆ POWER
- ◆ YOGA
- ◆ KICKBOXING
- ◆ CIRCUIT CONDITIONING
- ◆ FLOOR, CORE & MORE
- ◆ STRENGTH TRAINING
- ◆ SEATED STRENGTH AND BALANCE
- ◆ CARDIO & CORE
- ◆ MAT PILATES
- ◆ SITERCIZE
- ◆ MINDFUL MONDAYS

For more information about our Virtual Fitness Pass program, to enroll in the Virtual Fitness Pass, to become a Howard County 50+ Center member, or request accommodations to participate call **410-313-1400** or **410-313-5440** (voice/relay) Monday through Friday between 10 am-2 pm.



DID YOU KNOW?

Your Pass Now Includes

Evening Exercise Options

Circuit Conditioning **Monday & Wednesday** **5:45 pm**

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Use handheld weights or household equivalents for strength training segment.