

# Howard County 50+ Virtual Fitness Pass

## WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:45 a.m. FLOOR, CORE & MORE	8:45 a.m. POWER	8:45 a.m. CARDIO KICKBOXING	8:45 a.m. POWER	8:45 a.m. FLOOR, CORE & MORE	9:30 a.m. HATHA YOGA
10 a.m. LaBlast®	10 a.m. BARRE	10 a.m. FLOOR, CORE & MORE	10 a.m. GENTLE YOGA	10 a.m. ZUMBA® GOLD	9:30 a.m. ALL-IN-ONE
11 a.m. SEATED STRENGTH & BALANCE		11 a.m. SEATED STRENGTH & BALANCE	11 a.m. CHAIR YOGA	11 a.m. BALANCE 4-ALL	10:30 a.m. MINDFUL YOGA
NOON STRETCH RELEASE & RESTORE		NOON HATHA YOGA		NOON KINESTRETCH	

**STAY ACTIVE, HEALTHY AND CONNECTED FROM HOME WITH 20 CLASSES PER WEEK!**

We offer two convenient payment options:

**Quarterly Registration:** \$120 (county residents; three months advance registration)  
\$145 (non-residents; three months advance registration)

**Monthly Registration:** \$45 (county residents) \$55 (non-residents)

All classes are offered through the Webex virtual platform.  
On the last business day of each month, registered participants will receive the class links and password for the following month.

Register at [bit.ly/HoCo-VirtualFitness](https://bit.ly/HoCo-VirtualFitness)  
or call 410-313-0727 or 410-313-7213 (Option 9)