

# WEEKLY SCHEDULE

## The Howard County 50+ Virtual Fitness Pass



Enrichment. Engagement.  
Connection. Growth.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 am FLOOR, CORE & MORE	8:30 am POWER	8:00 am KICKBOXING	8:30 am POWER	8:30 am FLOOR, CORE & MORE	X
X	X	9:00 am QI GONG	X	X	9:30 am HATHA YOGA
10:00 am MINDFUL MONDAYS	10:00 am CARDIO & CORE	10:00 am PILATES	10:00 am CARDIO & CORE	10:00 am ZUMBA® GOLD	X
11:00 am SEATED STRENGTH & BALANCE	11:00 am YOGA	X	11:00 am SEATED STRENGTH & BALANCE	11:00 am POWER	X
X	X	X	X	X	X
5:30 pm CIRCUIT CONDITIONING	5:30 pm POWER	5:30 pm CIRCUIT CONDITIONING	X	X	X

### Stay Active, Healthy and Connected from Home!

19 Classes. Only \$38/month. All classes are offered through the WebEx virtual platform. Registered students will receive the class links and password on the last business day of the month for the following month. To register, call 410-313-1400 or 410-313-5440 (VOICE/RELAY) Monday through Friday between 10:00 am and 2:00 pm.



[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)