

A Balanced Life Experience

The Howard County 50+ Virtual Fitness Pass



The **HoCo 50+ Fitness Pass** can provide **LIFE-BALANCE BENEFITS** to:

- Stay **FOCUSED**.
- Get **STRONGER**.
- Find Your **BALANCE**.
- Boost Your **HEALTH**.
- Make New **FRIENDS**.
- Connect with **COLLEAGUES**.
- Get **PROFESSIONAL INSTRUCTION**.
- Stay **HOME** and Stay **CONNECTED!**

Exclusive **NEW VIRTUAL CLASSES** for Fitness Pass Members:

- **Qi Gong**
- **Hatha Yoga**
- **Chair Yoga**
- **Balance 4 All**
- **Seated Tai Chi**
- **Functional Fitness**

**ENHANCE
YOUR
HEALTH!**

FITNESS CLASSES:

- Yoga
- Power
- Pilates
- Kickboxing
- Mat Pilates
- Active Yoga
- Zumba Gold®
- Cardio & Core
- Mindful Mondays
- Circuit Conditioning
- Floor, Core & More
- Strength Training
- Seated Strength & Balance

**50+ Center
Membership*
is FREE!**

The **VIRTUAL FITNESS PASS** offers
26 Class Options Every Week!

ONLY \$1⁶⁷ PER DAY** (\$50/month)

ACT NOW! For additional **INFORMATION**,
to **ENROLL** in the **VIRTUAL FITNESS PASS**,
become a 50+ Center **MEMBER**, or if you
need **ACCOMMODATIONS** to participate, call
410-313-1400 or 410-313-5440 (**VOICE/RELAY**)
Monday through Friday, 10 a.m. to 2:00 p.m.

All classes are virtual while 50+ Centers are closed.
Centers will re-open to the public when it is safe to do so.

* Center membership is FREE and open to those
age 50 and over regardless of county residence.

** Virtual Fitness Pass program participants
must be a 50+ Center member.

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging