

WEEKLY SCHEDULE

The Howard County 50+ Virtual Fitness Pass



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 am FLOOR, CORE & MORE	8:30 am POWER	8:00 am KICKBOXING	8:30 am POWER	8:00 am FLOOR, CORE & MORE	9:30 am HATHA YOGA
9:00 am MINDFUL MONDAYS	9:30 am CARDIO & CORE	9:00 am QI GONG	9:30 am PILATES	9:30 am CARDIO & CORE	X
10:30 am ZUMBA® GOLD	11:00 am YOGA	11:15 am MAT PILATES	10:30 am ZUMBA® GOLD	10:30 am POWER	X
NOON SEATED STRENGTH & BALANCE	NOON SEATED TAI CHI	X	NOON SEATED STRENGTH & BALANCE	11:30 am FUNCTIONAL FITNESS	X
X	1:00 pm BALANCE 4 ALL	X	1:30 pm CHAIR YOGA	1:00 pm BALANCE 4 ALL	X
5:45 pm CIRCUIT CONDITIONING	X	5:45 pm CIRCUIT CONDITIONING	5:45 pm ACTIVE YOGA	X	X

Stay Active, Healthy and Connected from Home!

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.**