

CMRC FITNESS PROGRAM Summer 2021
SWEET AIR PARK RECREATION CENTER
 BALTIMORE COUNTY DEPARTMENT OF RECREATION AND PARKS
 June 14, 2021 - August 20, 2021 (10 weeks)

Monday	Tuesday	Wednesday	Thursday	Friday
STRENGTH TRAINING 9:30-10:30 SAP GYM	ZUMBA 9:30-10:30 SAP GYM	STRENGTH TRAINING 9:30-10:30 SAP GYM	Yoga/Pilates 9:30-10:30 SAP GYM	Zumba/Toning 9:30-10:30 SAP GYM
ZUMBA/Toning 6:30-7:30 SAP GYM	Strength Training 6:30-7:30 SAP GYM	ZUMBA 6:30-7:30 SAP GYM	Kickboxing 6:30-7:30 SAP GYM	
CANDLELIGHT YOGA 7:35-8:35PM SAP GYM		CANDLELIGHT YOGA 7:35-8:35PM SAP GYM		

Register Online at: <https://www.stonealley.com/program/CMRC/group/Fitness/session/Summer2021>

More information at: <http://www.carrollmanor.org/home/sports/fitness/>

Classes held at –SAP- Sweet Air Park gym

All summer classes are in the Sweet Air Park Gym; no unlimited classes or drop ins for the summer.

Minimum class size is 10, maximum class size is 30.

Zumba, Kickboxing & Strength Training (10 weeks) + (one week of make ups, if needed)

\$55.00 – 1 class per week (must register independently for each class)

\$110.00 - 2 classes per week

165.00 - 3 classes per week, etc.

Yoga & Yoga/Pilates (10 weeks) + (one week of make ups, if needed)

\$70.00 -1 class per week (must register independently for each class)

\$140 - 2 classes per week

\$210 - 3 classes per week, etc.