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Click [Here](#) for information on the **Winter** program! **From Monday, November 28, 2022 through Saturday, March 4, 2023**

Registration for **Winter** classes **opens** _____. Questions? Email cmrcfitness@yahoo.com

ZUMBA

Benefits of Zumba:

- You burn 369 calories in an average class
- It is an effective interval- style workout
- It does not matter what fitness level you are Zumba is entertaining and fun
- Improves stamina
- Increases bone density
- Improves balance and muscle tone
- Lowers blood pressure
- Reduces body fat

Kim Leonard - Zumba - Tuesday Mornings 9:30-10:30 AM **Sweet Air Park Gym**

Lisa Slacum Zumba/Dance & Tone - Friday Mornings 9:30-10:30 AM **Sweet Air Park Gym**

Zumba/Dance & Tone -Wednesday Evenings 6:30-7:30 PM **Sweet Air Park Activity Room**

Zumba/Dance -Saturday Mornings 8:30 - 9:30 am **Sweet Air Park Gym or Activity Room**

Angela Montague - Zumba - Monday Evenings 6:30 - 7:30 pm **Sweet Air Park Activity Room**

STRENGTH/CARDIO

Benefits of Strength Training:

- Increases bone density
- Provides a temporary increase in metabolism
- Improves cardiac function
- Elevates HDL (good) cholesterol
- Increases bone, muscle, tendon, and ligament strength and toughness
- Improves joint function
- Helps prevent injuries
- Improves mood
- Improves overall health and well-being

Kim Leonard Monday, & Wednesday Mornings 9:30 – 10:30 AM **Sweet Air Park Gym**

Shari Malowitz Tuesday & Thursday Evenings 6:30-7:30 pm **Sweet Air Park Activity Room**

YOGA

Benefits of Yoga:

- Improves balance
- Improves muscle tone
- Increases flexibility
- Increases strength
- Strengthens Core Muscles
- Lowers blood pressure
- Heightens body awareness and control
- Reduces insomnia
- Improves posture
- Improves concentration
- Relieves stress
- Increases range of motion

Michelle Kelbaugh Thursday Mornings 9:30 - 10:30 AM Sweet Air Park Gym

Ann Graziosi Saturday Mornings 9:30-10:30 AM Sweet Air Park Activity Room

CANDLELIGHT YOGA

Ann Graziosi- Monday Evenings 7:35-8:35, Wednesday Evenings 7:35 – 8:35 Sweet Air Park Activity Room

Zumba, & Strength/Cardio (12 weeks)

\$72 – 1 class per week

\$144 - 2 classes per week

\$216 - 3 classes per week

Yoga (12 weeks)

\$102 -1 class per week

\$204- 2 classes per week

\$306- 3 classes per week

Unlimited Option (Cost is equivalent to 3.5 classes per week)

Strength and Zumba classes only: \$252

All classes, including Yoga: \$357 (You could actually take every class each week)

Schedules:

The Winter Session schedule is attached.

Cancellation Policy for **Winter Session**

The Fitness Program Follows Baltimore County Recreation and Parks Schedule during the Summer and the Baltimore County Public Schools during the School year **Any classes that are cancelled will be made up at the end of the session.**

Our inclement weather policy is:

- If Baltimore County Schools open 1 hour late - we will have morning class; <https://www.bcps.org>
- If Baltimore County Schools open 2 hours late - we have NO morning class; (this is in consideration of our instructors who either travel a distance or have school age children
- If Baltimore County closes early - we have NO evening classes
- If Baltimore County is closed for the day - all classes are cancelled
- On Saturdays or on school holidays we will go by Baltimore County Recreation and Parks weather related closings <https://www.baltimorecountymd.gov/News/Weather>