

CMRC Annual Fitness Program 2025
Fall session dates correspond with county-determined Fall dates)

Fall Session Monday, August 4, 2025 - Saturday, November 15, 2025
13 weeks of classes and 2 weeks of make-up classes *as needed*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength/Cardio 9:30-10:30am SAP GYM	Zumba 9:30-10:30am SAP GYM	Strength/Cardio 9:30-10:30am SAP GYM	Yoga 9:30-10:30am SAP GYM	Zumba/Dance & Tone 9:30-10:30am SAP GYM	Zumba/Dance 8:30-9:30am SAP GYM or AR
					Yoga 9:35-10:35am SAP AR
Zumba Dance & Tone 6:30-7:30pm SAP AR (GYM if available)	Strong Nation 6:30-7:30pm SAP AR (GYM if available)	Candlelight Yoga 6:30-7:30 pm SAP AR	Strength/Cardio 6:30-7:30pm SAP AR (GYM if available)		

Register for class here: <https://www.stonealley.com/program/CMRC/group/Fitness/session/Fall2025>

For more information email us at cmrcfitness@yahoo.com

Classes held at –SAP- Sweet Air Park Gym and Activity Room (AR)

13 weeks of classes

\$104– 1 class per week

\$182 - 2 classes per week

\$234 – Unlimited option – take as many classes per week as you want (you could take up to 11 classes each week)

We follow Baltimore County Rec and Parks guidance for inclement weather when school is not in session

<https://www.baltimorecountymd.gov/News/Weather>