Ellicott City 50+ Center

SCAN ME

October, November, December 2026

Things to Know

- **Fall program registration** opens on Thursday, Aug. 27 at 8:30am. Register online, over the phone, or in person.
- **DCRS Facility Status Line** Call 410-313-7777 to stay informed about the opening/closing status of our facilities during weather events or other emergencies.
- **Election Day, Nov. 3** The 50+ Center is an assigned polling place. Some program changes may be necessary.

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*Don't miss our **Holiday Craft Show** on Friday, Dec. 11 from 9am-3pm. Shop for handcrafted gifts (or something special for yourself) from more than 40 local artisans and vendors. $1 admission fee benefits Small Miracles Cat & Dog Rescue.*

50+ Center Hours

M-F 8:30am – 4pm

Fitness Center Hours

M-Th 8:30am – 7:30pm
F 8:30am – 4pm
Sa 8:30am – 12pm

Closures

Sept. 5, 7
Oct. 10, 12
Oct. 15 (close at 2pm)
Nov. 11, 26, 27, 28
Dec. 25, 26

No evening fitness hours: Nov. 25, Dec. 24, Dec. 31

Howard County
Office on Aging and Independence

9401 Frederick Rd.
Ellicott City, MD 21042
Fitness: 9411 Frederick Rd.

410-313-1400
Fitness: 0727

howardcountymd.gov/ECTY50

EllicottCity50@howardcountymd.gov

50+ Center Staff

Stephanie Simon, Director
ssimon@howardcountymd.gov
410-313-1415

Vicki Stahly, Assistant Director
vstahly@howardcountymd.gov
410-313-1421

Sherri Lively, Fitness Coordinator
slively@howardcountymd.gov
410-313-1404

Hyeri Choi, Registrar
hychoi@howardcountymd.gov
410-313-1400

Amelia Persaud, Registrar (Fitness Center)
apersaud@howardcountymd.gov
410-313-0727

***Vacant*, Facility Assistant**
410-313-1420

***Vacant*, Nutrition Specialist**
410-313-1418

Jill Kamenetz, MAP Specialist
jkamenetz@howardcountymd.gov
410-313-6009

Building Attendants
Chris and Dave

Connections Program Staff

Felicia Stein, Connections Director
fstein@howardcountymd.gov
410-313-1425

Jill Rose, Connections Assistant Director
jrose@howardcountymd.gov
410-313-1426

Jean Wehner, Connections Program Assistant
jwehner@howardcountymd.gov

Fitness Memberships

For the Group Exercise Pass schedule, see pages 19-20.

Fitness Room Hours

M-Th	8:30am to 7:30pm
F	8:30am to 4:00 pm
Sa	8:30am to 12:00 pm

GO50+ Fitness Package
Utilize our Fitness Equipment Room at the Ellicott City 50+ Center, plus six other locations throughout the county.

Resident	**$89 per year**
Non-resident	**$125 per year**
Drop In	**$7**

Fitness Room Orientation
A basic overview of the cardio and strength equipment available in our Fitness Room, under the guidance of a Fitness Center staff member. Register at the front desk to participate. Free for GO50+ members.
Oct 5, Nov 2, Dec 7 M 11am

Group Exercise Pass

Includes more than 45 group exercise classes per week at the Ellicott City, Bain, and East Columbia 50+ Centers. (See schedule on pages 19-20.) Attend as many classes as you wish from a wide range of options including dance fitness, kickboxing, yoga, strength training, and more.

Resident $99/quarter or $58/month
Nonresident $139/quarter or $68/month
A La Carte $10/class

Virtual Fitness Package

Are you interested in joining our virtual community of fitness classes? Sign up for our paid virtual fitness class pass and enjoy 20 different classes per week, for only $45/month or $120/3 months. For more details on classes and instructors, call 410-313-0727 (Ellicott City) or 410-313-5440 (Bain).

Drop In Activities and Clubs

- Drop-in games may be moved and/or cancelled occasionally and without prior notice due to program scheduling and room availability.

American Mahjongg (Game Room)
A02716.100 Tu 9:30am-12:30pm

Book Club 2026 (Great Room 2)

- "The Correspondent" by Virgina Evans
  A02606.101 Oct 26 M 1-2pm
- "Paris in Ruins: Love, War, and the Birth of Impression" by Sebastian Smee
  A02606.102 Nov 23 M 1-2pm
- *No book discussion in December*

Canasta (Game Room)
A02723.100 Th 12:30-3:30pm

Chess (Great Room 1)
A02716.100 Tu/Th 10am

Cribbage Club (Game Room)
A02730.100 M 10:30am-12:30pm

Hand & Foot (Game Room)
A02724.100 Tu 12:30-3:30pm

Needlework Club (Fitness Center)
A02511.101 W 1-3pm

Open Bridge (Game Room)
A02710.100 M/F 12:30-3:30pm

Painting Together (Art Room)

Designed for the artist looking to paint socially with other artists. Call 410-313-1400 to see if space is available. Bring your own supplies.

A02500.101 M 9am-12pm
A02500.102 M 1-3:30pm
A02500.103 W 1-3:30pm
A02500.104 Th 9am-12pm

Playmakers Reading Group (Activity Room)
A02639.100 W 1-2pm

Rummikub (Game Room)
A02714.100 F 10am-12pm

Table Tennis (Fitness Center)

Drop in for doubles play. Please adhere to the level of play based upon the day listed below. Bring your own paddles and table tennis balls.

A02706.101 M 1-3pm Recreational
A02706.102 TH 2:30-4:30pm Recreational
A02706.103 F 1-4pm Competitive

Writing Group with Leah (Activity Room)
A02611.100 M 1-2pm

Events

Social Security Chorus Performs Live

Come out and enjoy an hour of live music with the SSA Chorus. Oldies but Goldies galore!
Sign up to reserve your seat!

A02746.101 Oct 8 Th 12pm Free

Halloween-Themed Pet Portraits

Calling all pet lovers! Tina Stout from Visiting Angels will be offering free pet portraits right here at the Ellicott City 50+ Center. Feel free to dress your cuties in their favorite costume. Portraits are free of charge, and you will get a digital copy of the photo. Book your Halloween themed pet portrait at the center today. Sign up for this fun, furry or not, free portrait!

A02744.101 Oct 23 F 10am Free

A Grand Day Out: Magical Memories with Turner Dean of Magic

Join us for a magical morning of wonder at our intergenerational Grand Day Out program featuring professional magician Dean Turner! Children and their grandparents (or other special adults) will be amazed by an interactive magic show filled with incredible illusions, comedy, audience participation, and plenty of surprises. Best suited for children aged 4-11. Advance registration is required. Includes a take-home goodie bag for each child.

A02744.100 Oct 28 W 10-11am $5/person

*See **Halloween Fitness Dance Party** on page 14*

A02401.101 Oct 31 F 1-2:30pm $5/person

*Inquire at the Fitness Center front desk about **Walktober** and **Pink Week** events, both occurring in October!*

Tina's Traveling High Tea

Join us for a delightful afternoon of tea, conversation, and connection! Sip on a warm cup of tea, enjoy delicious refreshments, and spend time with friends in a relaxed and welcoming atmosphere. Whether you're looking to socialize, learn a little more about the services available in our community, or simply enjoy an afternoon treat, we'd love to see you here! If you are looking for a fun traditional "high tea" (properly called afternoon tea), sign up today! Hosted by Tina Stout from Visiting Angels.

A02744.102 Nov 12 Th 2pm $2

Holiday Festivities

The holidays are a time to gather for friendship and merriment. Event details coming soon; stop at the front desk for a flier and to register.

- **Hanukkah Celebration Dec 4 F 11am Free**
- **Holiday Party Dec 15 Tu 11am $10**

Holiday Craft Show

Enjoy a day of shopping for one-of-a-kind items from more than 40 vendors. Homemade crafts, knitted items, jellies, jams, roasted nuts, stained glass, pure silver jewelry, embroidered towels, bags, chutneys, beaded wares, jewelry and more. $1 admission benefits Small Miracles Pet Rescue. Shopping bag provided by Bob Lucido Team.

Dec 11 F 9am-3pm

Coming in January 2027

Aging in Place Resource Panel

Join us for an informative community resource panel featuring local experts who will discuss the many resources available to help individuals successfully age in place.
Sponsored by Visiting Angels

Jan 14 Th 1-3pm Free

Crafts and Fine Arts

- Supply lists for all instructional art classes are featured on the registration receipts.

Korean Calligraphy

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Instructor: Chung Kang

9 classes $108

A02516.101 Sep 16-Nov 18 W 9:30-11am

No class 11/11

Asian Brush Art

Create a beautiful piece of art, using special brushes and techniques. Instructor: Chung Kang

9 classes $108

A02524.101 Sep 16-Nov 18 W 11am-12:30pm

No class 11/11

Fall Landscapes in Line and Wash

Explore the colors, textures, and atmosphere of the autumn landscape through ink and transparent watercolor. Learn approachable techniques for simplifying a scene, creating depth, and capturing the warmth and movement of the season. All levels are welcome. Instructor: Amanda Glover

Fitness Center 3 classes $72

A02527.104 Oct 5, 19 & 26 M 5-7pm

Nature Journaling Through the Seasons

Slow down and connect with the natural world through line and wash watercolor, and journaling. Create journal pages inspired by autumn subjects such as flowers, insects, birds, seed pods, and small landscape studies. No experience necessary.

A02527.101 Oct 6-27 Tu 1-3pm 4 classes $96

A02527.102 Nov 3-24 Tu 1-3pm 4 classes $96

A02527.103 Dec 1-22 Tu 1-3pm 4 classes $96

Beginners Watercolor with Anny

This class offers the opportunity to learn the basics. Intended for beginners only; you too can paint! Instructor: Anny Steenson

10 classes $170

A02501.101 Oct 6-Dec 8 Tu 10am-12pm

Creative Acrylic Art Class

Have fun creating colorful designs while dabbling in calligraphy to make art using acrylic paints, markers, and acrylic pens. Create monthly themes of beauty and nature. Instructor: Carolyn Brunt

Fitness Center 4 classes $40

A02526.101 Oct 6-27 Tu 4:30-5:30pm

A02526.102 Nov 3-24 Tu 4:30-5:30pm

A02526.103 Dec 1-22 Tu 4:30-5:30pm

Fun with Oils

Learn the beginning basics of oil painting, specializing in Landscape Art. If you are interested in trying oils, this class is for you!

Instructor: Eun Jung

3 classes $45

A02519.101 Oct 9-23 F 9:30-11am

A02519.102 Nov 6-20 F 9:30-11am

A02519.103 Dec 4-18 F 9:30-11am

Basic Technique Watercolor

Essential watercolor techniques for beginners include controlling water-to-paint ratios, mastering wet-on-wet for soft, blended effects, and using wet-on-dry for crisp details. Key methods include flat, graded, and variegated washes for even color applications. Practicing these foundational skills allows for building, layering, and texture, ensuring vibrant paintings. Instructor: Mostafa Torabi

A02502.101 Oct 9-30 F 1-3pm 4 classes $79

A02502.102 Nov 6-20 F 1-3pm 3 classes $60

Zentangles

The Year of Tripoli. Learn the history of the 2026 Tangle of the Year along with more tangleations (variations) than you thought possible.
Instructor: Linda Lovell
A02657.101 Oct 21 W 1-3pm
$15 + $5 materials fee

Fall Botanicals in Line and Wash

Using ink and watercolor, students will create expressive studies of seasonal botanicals while developing confidence with line, color mixing, and composition. All levels are welcome.
Instructor: Amanda Glover
Fitness Center Sat 9:30am-11:30am
A02527.105 Nov 7-21 $72 3 classes

Zentangle a Mug

Make a holiday gift for someone or just treat yourself to a mug covered in your own lovely tangles. Instructor: Linda Lovell
A02657.102 Nov 10 & 17 Tu 1-3pm
$20 + $5 materials fee

Zentangle: Take a Holiday Break

'Tis the season to be rushed off your feet! Take two hours to yourself and relax with some easy, fun tangles. Instructor: Linda Lovell
A02657.103 Dec 2 W 1-3pm $15

Festive Nature-Inspired Greeting Cards

Create two festive, hand-painted greeting cards with nature artist Amanda Glover. Students will use line-and-wash techniques to illustrate seasonal nature-inspired subjects. Finished cards may be shared with friends and family or kept as small works of art. All levels are welcome.
A02527.106 Dec 5-19 Sat 3 classes $72

Chesapeake watershed nature artist Amanda Glover teaches numerous seasonal line and wash classes; be sure to check them out!

Junk Journal Booklet

In each 2-hour workshop, you will create a unique and artsy booklet from decorative papers and recycled materials that may be used for crafty creative expression, writing, drawing, or keeping memorabilia. Cost: $10 per workshop, plus $5 materials fee. Instructor: Sandy Lundahl
$10 + $5 materials fee

- Junk Journal Booklet from Marketing Materials
  A02655.101 Oct 2 F 1-3pm
- Junk Journal Booklet from Envelopes
  A02655.102 Oct 9 F 1-3pm
- Junk Journal Booklet from a Bag
  A02655.103 Oct 16 F 1-3pm
- Junk Journal Booklet from a Calendar
  A02655.104 Oct 23 F 1-3pm

Slow Stitch Fabric Art Square

Create a small hand-stitched cloth collage using fabric scraps, embroidery thread, simple stitches, and decorative elements for texture.
Instructor: Sandy Lundahl
A02658.100 Nov 6 & 13 F 1-3pm
$20 + $5 materials fee

Enrichment and Lifelong Learning

American Sign Language (ASL) Beginners Class
This relaxed setting slow paced class will allow students time to master the ASL alphabet, numbers, everyday greetings and survival signs.
Instructor: Peggy Bruce
10 classes $100
A02639.101 Sep 23-Dec 2 W 11am

American Sign Language (ASL) Advanced Class
This ASL class will emphasize voice off communication. The focus is to increase vocabulary and build an intermediate level of sign communication while engaging in discussion related to a wide variety of topics.
Instructor: Peggy Bruce
10 classes $100
A02639.102 Sep 23-Dec 2 W 12pm

Brain Builders
Come join us for a fun, social, interactive, mind stimulating class that may help prevent cognitive decline. According to the Centers for Disease Control and Prevention, as many as 45% of dementia cases could be prevented or delayed by prioritizing your brain health. Must sign up for this class and bring paper and pencil.
Instructor: Peggy Bruce
A02114.101 Sep 23-Dec 2 W 1pm Free

Beginners Spanish Lessons Level 1
Learn the basics of speaking Spanish in this fun, easy, and educational class. Meet some new friends while learning a new language.
Instructor: Lita Rau
10 weeks $99
A02646.101 Sep 29-Dec 8 Tu 10-11am
No class 11/3

Intermediate Spanish Lessons Level 2
Build upon the skills that you have learned in the beginner's class. Instructor: Lita Rau
10 weeks $99
A02646.102 Sep 29-Dec 8 Tu 11:15am-12:15pm
No class 11/3

Simplifying Downsizing Club
Hosted by Victoria Hathaway from the Bob Lucido Realty Team.
- Collectables/Decorations, Investments or Clutter
  A02656.101 Oct 13 Tu 1pm Free
- Simplifying Your Kitchen
  A02656.102 Nov 10 Tu 1pm Free

Master Gardener Series: Seed Collection, Processing and Germination for Native Plants
Buying plants can be expensive! Learn how to harvest your own seeds and legally and responsibly collect seeds in the wild. Methods for stratification and storage as well as successful seed starting will also be presented.
Presenter: Christine Hipple
A02747.101 Oct 14 W 11am Free

Coin Investments
As with many other assets, coin investment has favorable as well as negative types, including difficult or problem acquisitions.
Presenter: Drage Vukcevich
A02620.101 Oct 16 F 1pm Free

The Soundtrack of Our Lives:
Folk Hits of the 1950s and '60s

While The Weaver's two-sided 1950 hit "Goodnight Irene"/"Tzena, Tzena, Tzena" was its start, a Folk music boom took five more years to develop. Harry Belafonte introduced Calypso, the Kingston Trio revived traditional folk songs, and they soon were joined by the likes of the Highwaymen and the Limeliters. Joan Baez, Bob Dylan, and Peter, Paul & Mary helped define Folk as protest music in the 1960s, as the genre shifted from singles to LPs. Host: Hugo Keesing, Retired Professor, University of Maryland.

A02749.101 Oct 19 M 11am Free

Senior Planet: Online Tools for
Contacting Your Lawmakers

Learn how online tools can help you stay informed and get your voice heard. We'll review several non-partisan websites that can help you identify your elected officials, find their contact information, understand how they vote on bills, and tell them what you think about important issues.

A20673.101 Oct 21 W 11am Free

Hang Up on Fraud: A Police Guide
to Scam Prevention

Join PFC Jeremy Y. Zhou from the Howard County Police Department, Community Liaison Section.

- General Safety
  A02612.101 Oct 28 W 11am Free
- Open Forum Q&A
  A02612.102 Nov 18 W 11am Free
- Senior Scams and Frauds
  A02612.103 Dec 16 W 11am Free

Speaking of Sports

Join the fun! Now there is a place to show off your collection of sports memorabilia. We will reminisce and talk about sports both from today and years of old. Remember The Baltimore Colts, The Baltimore Bullets, Baltimore Clippers, and of course the Ravens and Orioles. Each session will be moderated by Randy Gartner, a former sports reporter and published author of a book entitled "A Sports Reporter's Notebook."

A02607.101 Oct 28 W 10am Free
A02607.102 Nov 18 W 10am Free
A02607.103 Dec 9 W 10am Free

The Soundtrack of Our Lives:
Memorable Movie Songs 1950-2015

A real film buff will need to hear only a few notes to name the movie from which these 41 tracks were taken. Everyone else, maybe a couple more. The selections include instrumentals, vocals, repurposed classical melodies and more. They average almost a minute in length, giving you plenty of time to engage your long-term memory to when you saw the movie. Presenter: Hugo Keesing, Retired Professor, University of Maryland

A02749.102 Nov 9 M 11am Free

Care with Love: Helping Seniors Thrive
Safely at Home

At Care with Love, our mission is to help older adults remain safe, independent, and comfortable in the place they love most. We provide compassionate, personalized, non-medical home care. Our caregivers assist with companionship, personal care, meal preparation, medication reminders, transportation to appointments, light housekeeping, and respite care for family caregivers. Learn more about our resources. Presenter: Meagan Saunders

A02651.102 Nov 9 M 1pm Free

Travel Talks

It's getting cold so a good time to explore and travel to Antarctica. Traveling to Antarctica is an epic, life-changing adventure that requires careful planning, as it is the most remote and regulated continent on Earth. We will also learn about group traveling in 2027/2028.

Presenter: Debbie Richmond

A02855.101 Nov 13 F 11am Free

Discussion on Reincarnation with Sharon Burns

Have you ever wondered if there is such a thing as reincarnation? Join this fascinating 90-minute discussion about the possibility. Topics include choices that we make about our lives such as gender, race, and place of birth. Do we have free will? What is the reason for having multiple lives? Also, clues to discover YOUR past lives. Presenter: Sharon Burns RN, BSN, MA, Holistic Practitioner, Reiki Practitioner

A02748.101 Nov 16 M 11am Free

Bullion and Coins

There are several key aspects buying/selling/keeping bullion-type coins, as well as certain types that one should avoid.

A02620.102 Nov 13 F 1pm Free

Master Gardener Series:
Decking the Halls with Natural Materials

Using materials found in nature on the forest floor, in the supermarket, and the winter garden can be turned into decorations to instill the warmth of the holiday season into your home. Tips on creating a variety of holiday items will be shared.

Presenter: Heidi Mantzouranis

A02747.102 Nov 17 Tu 1pm Free

Senior Planet: Wearables at a Glance

From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology.

A20673.102 Nov 18 W 11am Free

Bonnie Blas Kashnow, The Organizer

Do you need to get organized? Stop in and meet Bonnie for some helpful tips and tricks to take on your organizational journey. Some topics include: the importance of balancing your checkbook regularly; how to have an easy-to-use filing system; the importance of keeping/getting paper statements; and more.

A02658.101 Nov 20 F 11am Free

Local Author Stan Haynes Presents:
Maryland Invaded!

During the Civil War, in September 1862, Confederate General Robert E. Lee's army crossed the Potomac River and invaded the Union state of Maryland. Lee wanted to turn Maryland to the Confederacy. It did not go as he hoped, with much of the population indifferent, or hostile, to the Rebel army. And then came the Battle of Antietam. Join author Stan Haynes for a discussion of the invasion and the reaction of Marylanders to it. He has written a new historical fiction book, *And Slavery No More*, which is set during those historic weeks in 1862.

A02649.101 Nov 20 F 1 pm Free

Disaster Preparedness Jeopardy

Welcome to America's favorite answer-and-question game, jeopardy! Have you wanted to put your disaster preparedness knowledge to the test? Now's your chance! Are you willing to take the Daily Double bet? Presenter: Logan Fenhouse, MPH Emergency Management Specialist II

A02651.103 Dec 7 M 1pm Free

The Soundtrack of Our Lives:
A Half Century of Holiday Songs

Christmas on Records – 1942-1994"
From Bing's "White Christmas" to Mariah's "All I Want for Christmas Is You," this program highlights 50 songs spanning a half century of musical styles and tastes. From the Pop sounds of Nat King Cole and The Beach Boys to the R&B Drifters; from Phil Spector's "Wall of Sound" to C&W's Bobby Helms, you will hear both familiar and long-forgotten tunes that have created our holiday season's memories. Presenter: Hugo Keesing, Retired Professor, University of Maryland

A02749.103 Dec 14 M 11am Free

Senior Planet: Digital Coupon Tools

If you like saving money on groceries and everyday items, then this lecture is for you! We'll introduce you to the world of digital couponing and a variety of tools to help you get started. You'll learn about coupon websites, apps, and browser extensions as well as tips for getting the best deals.

A20673.103 Dec 16 W 11am Free

Fitness Classes

- For information on Fitness Memberships, see page 2.
- For the Group Exercise Membership schedule, see pages 19-20.

Better Balance *Balance Level 1*

This class has been proven effective for people with a chronic condition affecting balance for those who feel unsteady on their feet. Classes include walking, barre, and seated exercises. A pre-screen is required before enrolling. Please contact Rachel Filar at 410-313-6073 to schedule a screening or to learn more. This program is partially funded under Title lll-D of the Older Americans Act of 1965. Individuals 60 and over are encouraged to make the suggested donation to ensure the viability of the program. Those 59 and under pay the actual cost.

Main Building 19 classes $71.50
A32413.101 Oct 5–Dec 16 M/W 2:15 PM
No class 10/12, 11/11

Balance Through Functional Fitness *Level 2*

This workout will help you be better prepared for real-life situations. Train specific muscles to help you do everyday activities safely and efficiently. Focus on stretching, balance and muscle tone with light weights. Designed for those who may feel unsteady on their feet, are post hip or knee surgery with doctors' approval. Instructor: Alison Harmon

Main Building T/Th 10am
A02425.101 Oct 6-29 8 classes $64
A02425.102 Nov 3-24 7 classes $56
No classes scheduled in December

Balance 4 All *Balance Level 3*

Join one of our most sought-after offerings. This class combines a perfect blend of balance, flexibility, posture, strength, and agility. With the use of light/medium dumbbells, functional exercise balls and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling. Includes chair and floor exercises that strengthen the muscles that help keep you upright, including your legs and core.

Main Building 20 classes $160
A02405.101 Oct 5-Dec 16 M/W 11am
No class 10/12 & 11/11

New! Intro to Kinstretch

Discover Kinstretch, an active mobility system designed to build joint control—the ability to actively move and stabilize your joints—and increase movement capacity. Participants develop the foundation that strength, balance, core function, and everyday movement depend on.

Fitness Center Classroom 10 classes $90
A02434.101 Oct 8-Dec 17 Th 12-12:50pm
No class 11/26

Kinstretch: Chair Work (Level 1)

Improve join mobility and body awareness through exercises performed standing or with chair support. The focus is not simply on moving and getting tired, but on developing foundational control that helps the whole body (including the core) work together effectively. Pre-requisite: Completion of Intro to Kinstretch class. Instructor: Pat Forester

Fitness Center Classroom 10 classes $90
A02434.102 Oct 5-Dec 14 M 12-12:50pm
No class 10/12

Kinstretch: Floor Work (Level 2)

Build on Level 1 with mat-based exercises that use floor positions, gravity, and purposeful tension to develop greater joint control and expand usable range of motion, creating more options for movement. Pre-requisite: Completion of Level 1 Chair Kinstretch or instructor approval is required. Instructor: Pat Forester

Fitness Center Classroom 10 classes $90
A02434.103 Oct 7-Dec 16 W 5-5:50pm
No class 11/11

Chair Yoga

Experience the benefits of yoga with the security of a chair! Increase strength, flexibility and balance through standing and seated postures. Chair yoga is a modified version of traditional yoga that makes the practice more accessible to people with mobility issues, post injury or other concerns or ailments. Chair yoga includes the same core principles as traditional yoga, such as breathing techniques, meditation, and physical poses. It also helps relieve tension and promotes an overall sense of well-being. Instructor: Susan Kain

Fitness Center

Quarterly 20 classes $160
A02421.100 Oct 1- Dec 15 Tu/Th 11:30am
No class 11/24 & 11/26

Monthly 1/Once a Week Tu 10am
A02421.101 Oct 6-27 4 classes $32
A02421.102 Nov 3-17 3 classes $24
A02421.103 Dec 1-15 3 classes $24

Monthly 2/Twice a Week Tu/Th 12:45pm
A02421.104 Oct 6-29 8 classes $64
A02421.105 Nov 3-19 6 classes $48
A02421.106 Dec 1-15 5 classes $40

Total Body Workout

This is a great class for those looking to tone their arms, legs, stomach, and glute muscles. Light cardio, strength and balance exercises with fun music and lots of variety to keep your body working towards your fitness goals. Modifications are shown throughout the entire class. Instructor: Sammy Chambers

Fitness Center 10 classes $80

A02443.101 Oct 7-Dec 16 W 11:15am

No class 11/11

Zumba Class

Get ready to dance, sweat, and smile in this high-energy Zumba class! With easy-to-follow moves set to upbeat music, you'll boost your fitness and have fun. Perfect for all abilities—no experience needed, just bring your enthusiasm! Light weights are used periodically Come as you are and leave feeling strong, empowered, and energized. Instructor: Roxanne Hartman, CPT, OTR/L, CDP

Main Building 10 classes $80

A02409.101 Oct 8-Dec 17 Th 11:30am

Tai Chi

Master Zongqi Xie is a top Tai Chi master from China. He is a 12th generation descendant of the Chen Style Taijiquan (or Tai Chi), the origin of all variants of Tai Chi worldwide. These classes will utilize an interpreter.

Fitness Center W 10 classes $117

A02430.102 Beginner 1 Oct 7-Dec 16 12:30pm

A02430.103 Beginner 2 Oct 7-Dec 16 1:45pm

No class 11/11

NEW! Tai Chi for Health and Well-Being

Focus on Tai Chi's health and therapeutic benefits. The class uses techniques designed to strengthen joints and muscles, reduce chronic pain and numbness, improve the flexibility, coordination, and stability of the whole body, and provide relief to common mental health issues such as anxiety and stress. No experience necessary.

Fitness Center M 10 classes $117

A02430.101 Oct 5-Dec 14 3:15-4:15pm

No class 10/12

S.E.A.T. Supported Exercise for Ageless Training

Who says you can't get a "real" workout in a chair? This fun class is built to music combining mobility, strength and balance. S.E.A.T. will get you moving to top hits from the 60's, 70's, 80's and more as we improve our ability to perform activities of daily living and feel great! Instructor: Sherri Lively

Fitness Center 10 classes $80

A02427.101 Oct 6-Dec 15 Tu 2:15pm

No class 10/13

Walking Club

Come join us every Wednesday at 1pm for a 30–45-minute outdoor walk, approximately 1.25-1.5 miles (weather permitting).

Fitness Center

Ongoing W 1pm Free

GO50+ Member Programs: Jump Start

Each week we will go over 2-4 fitness machines, free weights, the Smith machine, Functional Training System, and other exercise equipment available in the fitness room. Learn proper use, seat and weight adjustments, and create a workout program that works for you.

Fitness Center

Ongoing Tu 10:30–11:15am Free w/ Go50+

GO50+ Member Programs: Women and Weights
Join this ladies-only group to help remove the intimidation of using weights and the notion that weight training is only used for "bulking up." Join Fitness Coordinator, Sherri Lively, for a 45-minute workout using free weights, BOSU, Pilates balls, resistance bands, TRX and more.
Fitness Center Group Exercise Room
Ongoing W 3-3:45pm Free w/ Go50+

Certified Personal Training
One-on-one and semi-private sessions are now available with one of our two Personal Trainers. For more information, call the EC50+ Fitness Center at 410-313-0727 and ask for Fitness Coordinator, Sherri Lively.
Roxanne Hartman is a Certified Personal Trainer and Licensed Occupational Therapist, specializing in medical recovery, pre/post operation, Alzheimer's, Dementia, overall aging fitness. Roxanne can be reached at personaltraining50plus@gmail.com
Pat Forester is a Certified Personal Trainer and Movement & Mobility Joint Specialist focused on flexibility, strength, and movement of the joints to help reduce inflammation, stiffness and improve alignment. Pat can be reached at patforestertraining@gmail.com.

Injury Prevention & Recovery Demos
Come check out our Injury Prevention and Recovery area in the Fitness Center. Each week we will discuss different tools that can help you recover faster, find a better sense of balance, build stronger bones and reduce pain for everyday living. Registration required.
A02604.101 Oct 8 Th 11:30am Free
A02604.102 Nov 12 Th 11:30am Free
A02604.103 Dec 10 Th 11:30am Free

Health and Wellness

*Inquire at the Fitness Center front desk about **Walktober** and **Pink Week** events, both occurring in October!*

Seniors Together: Men's Forum
Join the men's group weekly to discuss current events, ideas, and life experiences in a comfortable setting. Meets weekly, facilitated group.
Fitness Center
A30123.507 Ongoing Th 10am Free

Hip Flexibility at Any Age
Learn the benefits of creating a flexibility program as you age. Let's talk about our hips and how their movement can impact our daily lives. Join members of the Stretch Labs team from Clarksville as they share basic movement education and then provide some hands-on demonstrations through movements that can keep you fluid at any age. Limited spots available.
A02101.101 Oct 6 Tu 11:30am Free

Breast Cancer Awareness Month Presentation
Join this informative Breast Cancer Awareness Month presentation by BrightStar Care. Learn about breast cancer risk factors, the importance of early detection and screening, prevention strategies, and resources available for patients and caregivers. Whether you're looking to stay informed about your own health or support a loved one, this educational program offers valuable information for everyone.
Presenter: Cedric Amadi, BrightStar Care Director of Community Outreach
A02101.100 Oct 7 W 11am Free

Fitness As We Age

In recognition of Active Aging Week join Exercise Specialist Rachel Filar for a presentation on the importance of staying active and healthy as we age. Learn why fitness is essential for healthy aging, potential barriers and how to overcome them, and simple everyday exercises to help improve strength, flexibility, balance, and safety. Gain practical tips to support an active, healthy lifestyle at any age.

A02101.102 Oct 14 W 11am Free

How Emotions Affect Your Health

This presentation will correlate disease processes to emotions and how physical breakdowns occur. Sharon Burns R.N, BSN, MA, Holistic Practitioner, will make the correlation based on the major energy centers in our bodies called Chakras. These energy centers are responsible for maintaining the health of specific organs and bodily functions. The audience will become aware of how energy is changed positively or negatively by our thoughts.

A02617.101 Oct 19 M 11am-12:30pm Free

Building Strength As You Age

Follow along with the incredible story, "Rebuilding Mum and Dad". From osteoporosis to just general exhaustion, Rhoda & Michael have found that strength training is the magic pill they needed in their 80's. We will watch & discuss the series and create our own strength plan with Certified Personal Trainer, Roxanne Hartman, & Fitness Coordinator, Sherri Lively. Each participant will take part in a basic assessment & be tracked for 6 months with monthly check ins. Why wait until you feel like it's impossible?

Fitness Center

A02142.101 Oct 19-Nov 23 M 2:15-4pm $89

Understanding Chronic Kidney Disease

Your kidneys play a vital role in keeping your body healthy, from filtering waste and balancing fluids to helping control blood pressure. In this presentation, Dr. Ritu Vyas will discuss the basics of chronic kidney disease (CKD), common causes and risk factors, warning signs to watch for, and steps you can take to protect your kidney health. Learn how early detection, lifestyle choices, and proper medical care can help slow kidney disease progression and support overall wellness.

A02603.101 Oct 22 Th 1pm

Understanding Alzheimer's and Related Dementias: Recognizing the Signs and Supporting the Caregiver

This presentation focuses on recognizing early warning signs of dementia, understanding the progression of cognitive decline, caregiver support strategies, safety considerations, and available resources for families navigating dementia-related diagnoses. Presenter: Allyson Stanton, Stanton Aging Solutions

A02650.101 Oct 26 M 11am Free

Halloween Fitness Dance Party

Put on your favorite costume and join us for an afternoon of music, dancing, and spooky fun! Come ready to dance, laugh, and celebrate with friends—costumes are encouraged! Tricks and Treats will be provided for everyone, so come enjoy a little Halloween magic!

Fitness Center

A02401.101 Oct 30 F 1-2:30pm $5/person

Kidney Basics: UTIs, Dietary Protein & Hydration Made Simple

A practical talk on three everyday health questions, answered by board-certified nephrologist Dr. Ritu Vyas. Learn what causes UTIs and how to prevent them, how much protein you should eat each day, and exactly how much water you should be drinking. Simple, science-backed guidance you can use immediately to ensure kidney health.
Presenter: Dr. Vyas, Kidney Specialist
A02603.102 Nov 5 Th 1pm Free

Grip Strength Testing

Grip strength is a strong indicator of overall health and longevity. Weak grip strength has been linked to decreased overall bone & muscle strength. Conversely, stronger grip strength is associated with better health outcomes and a longer lifespan.
Presenter: Jennifer Blevins, Loan Closet Manager
A02101.103 Nov 17 11am Tu Free

University of Maryland Medical System Presents Low-Dose Radiation Therapy for Osteoarthritis

Join speaker Reed McDonagh, MD, PhD, assistant professor of radiation oncology at UMMC. Learn more information about a new treatment option for osteoarthritis pain and the management of osteoarthritis.
A02101.104 Nov 17 1pm Tu Free

Music and Theater Arts

Piano and Voice Lessons

Have you ever taken piano lessons in the past and want to start playing again? Receive one-on-one instruction with Master Pianist, Diane Waslick. Sign up at the front desk or call 410-313-1400.
A02904.101 M/Tu By Appointment $47

Movie Showing: "White Christmas"

A holiday classic you could watch time and time again. Join us for hot cocoa, sweet treats and a lot of holiday cheer as we sit back and enjoy the tale of two singing-and-dancing army buddies that team up with a sister act to save a struggling Vermont ski lodge owned by their beloved former general.
Fitness Center Classroom
A02401.105 Dec 21 M 2pm Free

Nutrition

Nutrition Counseling with Carmen Roberts

Meet with Registered Dietitian Carmen Roberts for a 30-minute private session to discuss your diet and health. Appointments are free for members aged 60+ (there is a $55 fee for those under 60; paid at front desk at time of appointment).
A32140.100

Oct 21	**W**	**11:30am-1pm**
Nov 18	**W**	**11:30am-1pm**
Dec 15	**Tu**	**11:30am-1pm**

General Information

50+ Center Participation Guidelines
Anyone 50 years or older is welcome to join Howard County 50+ Center activities. To ensure a healthy and safe environment for all participants, there are a few simple guidelines to ensure that all members' rights and needs are respected. To obtain a full list of the center rules, please ask for a copy at the front desk.

Membership Registration
Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Please inform the Front Desk of any changes to your info. Payments for programs and classes can be made via cash, credit card or a check made payable to "Howard County Director of Finance." A non-refundable convenience fee (2.4%) applies to card payments and is displayed as a "processing fee" in the shopping cart. This fee is not based on a card type and applies equally to all card transactions. Fee-free payment options are available by paying cash, check or electronic check in person or over the phone. Online registration can be done via the ActiveNet website. Account must be established prior to registering for class.

Membership Scan In
Scan In Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance.

Program Withdrawal Policy
We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

Inclement Weather/Emergency Status Line
In the event of inclement weather, call 410-313-7777 for status updates regarding the Howard County 50+ Centers.

Newsletter by Email
Sign up at the front desk to be added to the center newsletter Constant Contact list or visit: https://bit.ly/OAINewsletter

Volunteering
If you would like to share your time and talent, visit www.hocovolunteer.org to view opportunities and register.

Other Policies
Additionally, the Office reserves the right to

- Cancel a program for any reasonable cause;
- Deny registration or entry into a program when it deems necessary to assume public safety;
- Suspend a participant from a program with no refund, after notification of disciplinary problems;
- Photograph programs, participants and volunteers for publicity purposes; and/or
- Adjust any program details printed in this newsletter including fees, locations, instructors, times, days and starting times.

Americans with Disabilities Act Accommodations

To request this document in an alternate format or to request accommodation to participate in a program/event, contact the Center at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

Caregiver Support Program

Serves family caregivers of Howard County residents over age 60, as well as grandparents aged 55, with primary care responsibility for grandchildren. For more information contact Earnestine Thomas at 410-313-5969 or ethomas@howardcountymd.gov.

Caregiver Support:
One-on-One Appointments for Caregivers

Are you caring for a loved one? You don't have to do it alone. Our Caregiver Support Program offers individual monthly appointments designed to provide a safe space to talk about your challenges and receive personalized guidance. To schedule your appointment, contact Earnestine Thomas, Caregiver Specialist at 410-313-5969 or ethomas@howardcountymd.gov.

Congregate Meal Program

The congregate meal program is for individuals 60 and over and their spouses of any age for a voluntary, confidential donation. Congregate lunches will be open to participants under age 60 for a fee based on the value of the program. Register at least one week in advance at the Center. Lunch is served at Noon. The current cost of meals is $5.96 for a regular meal, $7.87 for special meals and $7.50 for boxed lunches. Restaurant meals vary from $10.00 to $15.00 per meal. Participants are requested to contribute as generously as possible to ensure the viability of this important service.

Connections Social Day Program

The Connections program is located within the East Columbia and Ellicott City 50+ Centers. This supervised four-hour program promotes a balance of well-being, self-reliance, socialization and independence of adults who may require some needed assistance with daily activities. It features a variety of therapeutic programs and activities such as exercise, music, trivia, brain health, art, and more. Includes lunch daily. Contact Felicia Stein at 410-313-1425 or fstein@howardcountymd.gov for more information.

Living Well Program

The Living Well program offers FREE evidence-based community workshops in small group settings to help adults become stronger and better educated in managing ongoing health conditions. These free workshops include Chronic Disease, Diabetes, and Chronic Pain Self-Management. Select workshops are offered in-person, virtually, and delivered in English, Korean, and Spanish. To view a list of current offerings or register, visit https://bit.ly/HocoAgingLivingWell. Contact Heather Sites at 410-313-3507 or hsites@howardcountymd.gov.

Maryland Access Point (MAP)

MAP is a trusted source of information and assistance for Howard County residents who want to plan for their immediate and future needs. For information contact the MAP Resource Specialist at the Center or call the direct line at 410-313-1234.

Medicare Counseling (SHIP)
Meet with a trained counselor for help with your Medicare questions. This free service is available to Medicare beneficiaries of any age and their families/caregivers. For more information call 410-313-7392.

Seniors Together Program
Seniors Together is an older adult peer outreach program including ongoing groups. The program encourages interaction to promote a positive outlook, enjoy mental stimulation, affirm older adulthood, and create social networks. Groups meet in-person and virtually. Contact Karen Hull at 410-313-7466 or khull@howardcountymd.gov or Elaine Widom at 410-313-7353 or ewidom@howardcountymd.gov. For current offerings or to register, visit https://bit.ly/HocoAgingSeniorsTogether.

Transportation Options
Participants are responsible for their transportation to and from the Center. Possible transportation resources include:

- Regional Transit Agency/RTA Ride: To use RTA mobility services, riders must be certified. For information call the RTA Customer Service Line at 1-800-270-9553.
- Neighbor Ride: For price and information call 410-884-7433.

Disclaimer
Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

Join the Office on Aging and Independence for a **Thanksgiving Luncheon** at the Ten Oaks Ballroom on Thursday, Nov. 19. This lunchtime celebration features a hot Thanksgiving meal along with live music and dancing. Tickets go on sale Oct. 1 at all Howard County 50+ Centers.

Place your bets… how many different costumes will Fitness Coordinator Sherri Lively wear this year? On Oct. 30, join Sherri by donning your favorite costume and enjoy an afternoon of music, dancing, and spooky fun at our **Halloween Fitness Dance Party**! See page 14 for details.

GROUP CLASS DESCRIPTIONS

Sept.- Oct. 2026
Edited 8/17/26

SOME CLASSES MAY REQUIRE PARTICIPANTS TO MOVE FROM THE FLOOR TO STANDING.PLEASE SPEAK TO THE INSTRUCTOR PRIOR TO ATTENDING CLASS.

Aerobics: Heart Healthy & Low Impact
A fun way to stay active while being kind to your joints. This low impact aerobics class blends upbeat music with gentle cardio movements. The use of dumbbells adds a strength-training component to boost muscle tone & endurance.

Barre
Lengthen and strengthen the body & improve mobility and flexibility using ballet, Pilate and barre movements. Resistance bands, yoga blocks, balls and yoga straps may also be used. No dance experience needed. Bring a yoga mat. A chair may be used in lieu of a barre in some classes.

Cardio Kickboxing*
Learn basic punches & kicks and be able to put them in easy-to-follow combinations. This total body workout increases overall strength and cardiovascular fitness.
**Express Cardio Kickboxing is a 25min class.*

Cardio and Strength
A fun way to stay active while being kind to your joints. The low impact aerobics class blends upbeat music with gentle cardio movements. The use of dumbbells adds a strength-training component to boost muscle tone & endurance.

Core Power*
30-Minutes of core focus exercises that will strengthen the abdominal, back, hips and pelvis to boost stability and balance. Designed to improve posture & functional movement. This is a floor/mat-based class with some standing exercises.

Core, Stretch & Release
This Pilates-based class for all levels will leave you feeling better than when you arrived. Mindful movement, focusing on improving posture balance and stress relief, while enhancing your ability to move with greater ease and agility. Mat (floor) and/or chair activities with light additional equipment. Please bring a mat.

Dance Fusion
Get your groove on w/ dance moves from around the world. Hip Hop, Zumba, Bollywood, Belly Dancing & more. Weekly exciting mash-ups of dances you won't want to miss.

Flex and Flow
Move your body through a series of poses and positions that will help lengthen the muscles, improve your range of motion and challenge your core. This 45 min mid-level class combines multiple floor-based exercises with standing stretch & balance.

Floor Core and More
Challenge muscles of your core with exercises targeting hips, glutes, lower back, legs and abs. Class uses a Pilates ball, yoga blocks, dumbbells, and versa loops and may contain light cardio moves to warm up muscles. Please bring a mat to class.

Gentle Yoga / Active Gentle Yoga
Build Strength through yoga stretches and strengthening exercises, combined with guided meditation. Incorporate mindfulness into your daily life. This class may require participants to move from floor to standing positions. Please bring a mat to class. Active Gentle Yoga - moves from floor to standing moves and may hold poses for longer times.

Hatha Yoga
Beginner class which explores yoga poses including warm-ups, sun salutations, standing balances, seated twists and relaxations poses. Focus is on alignment and breath awareness along with proper form to help you reconnect & rejuvenate. Please bring a mat to class.

Heart Healthy Cardio
Get your heart pumping with a fun, low-impact aerobic workout designed for adults 50+! Improve cardiovascular fitness, endurance, coordination, and energy through easy-to-follow movements.All fitness levels are welcome—move at your own pace while enjoying an upbeat, supportive atmosphere!

Intro to Kinstretch
Discover Kinstretch, an active mobility system designed to build joint control—the ability to actively move and stabilize your joints—and increase movement capacity. Participants develop the foundation that strength, balance, core function, and everyday movement depend on.

LaBlast®
Get moving with no partner needed in dances such as Rumba, Salsa, Tango, Waltz, Samba, Foxtrot and more. A fun workout for all abilities, & no experience needed.

L.I.F.T. Low Impact Functional Training (with weights)
This class is your full weight training class. Learn how to build muscle by focusing on one muscle group at a time. All moves can be modified for any ability and are the best way to get started on strength training. It's never too late to be stronger!

Pilates - Move with Ease / Rise and Thrive
Pilates focuses on core strength, muscle control, posture, & flexibility through controlled movements & coordinated breathing. Move with Ease - a gentle approach focusing on mobility and stretch. This class utilies supportive props - balls, bands and light weights. Bring your own mat. Thrive & Shine - adding dance and fun to your pilates workout. Both classes for all abilities.

Power
Retain or regain muscle tone in this strength training class that includes a dynamic warm up and uses dumbbells (or weighted substitutes), benches and/or resistance tubing to improve body composition & increase lean muscle mass.

Power Combat
This energizing class combines low-impact punches, kicks, and functional movement patterns to improve cardiovascular health, coordination, balance, and strength. Participants use a variety of equipment including light hand weights, cordless battle ropes, and other fitness tools to add variety & build endurance.

Rise and Thrive Yoga
Start your weekend with vitality! Whether you're a seasoned practitioner or a complete beginner, our pressure-free environment helps you build strength, improve mobility, and find your center.

Stability and Strength
Balance and Strength training with Fitness Specialist Jennifer Higdon designed to improve strength, balance, and cardiovascular fitness. Low impact options are available.

Stretch, Release & Restore*
Increase your flexibility & tight, sore muscles using a variety of props such as foam rollers, bands, massage balls, yoga blocks and straps. Participants need to be able to move from the floor to standing positions. Bring a yoga mat and a small towel/blanket.

Women & Weights
Sorry gentleman this one is for the ladies only! We are working on muscle growth in these Tabata and Station style workouts. 45 minutes of strength to help you learn form, grow muscle and feel comfortable in a space just for you! x GO50+ members can attend.

Yoga Sculpt
Blends mindfulness & flexibility of yoga with strength & cardio adding dumbbells to sculpt the body while moving to energizing music. Designed to build strength & improve flexibility and cardio-respiratory fitness

Zumba Gold®
Dance to Latin and international rhythms in an easy-to-follow program. This low impact dance, low intensity dance class will let you move to the beat at your own pace.

Zumba Gold Toning® (GT)
Combined targeted body sculpting exercises and cardio work with Latin-infused Zumba moves using lightweight, maraca-like sticks to enhance rhythm and tone muscles.

GROUP EXERCISE PASS

2026 ALL PASSES CAN BE USED AT ALL THREE 50+ CENTERS

Howard County
Office on Aging & Independence

BAIN
5470 Ruth Keeton Way, Columbia, MD 21044
(410) 313-7213

EAST COLUMBIA
6610 Cradlerock Way, Columbia, MD 21045
(410) 313-7680

ELLICOTT CITY
9411 Frederick Road, Ellicott City, MD 21042
(410) 313-0727

Sept.-Oct. 2026
Edited 8/17/26

MONDAY
8:45 a.m.
- Floor, Core & More

ZUMBA® GT
9:45 a.m.
- Power

10:00 a.m.
- LaBlast®

10:30 a.m.
- Heart Healthy Aerobics

10:45 a.m.
- Floor, Core & More

6:00 p.m.
- L.I.F.T.

TUESDAY
8:45 a.m.
- Power

ZUMBA® Gold (Class Time Change Sept. 1)
9:00 a.m.
- Move with Ease Pilates

Core Power EXPRESS
9:45 a.m. (Class Time Change Sept. 1)
- Active Gentle Yoga

10:00 a.m.
- Yoga Sculpt

10:45 a.m.
- Cardio Kickboxing EXPRESS

3:30 p.m.
- Flex and Flow

5:30 p.m. (Class Time Change Sept. 1)
- Gentle Yoga

WEDNESDAY
8:45 a.m.
- Cardio Kickboxing

Power
9:00 a.m. (NEW! Starting Oct. 7)
- Rise and Thrive Pilates

9:45 a.m.
- LaBlast®

10:00 a.m. (NEW! Starting Oct. 7)
- Heart Healthy Aerobics EXPRESS

Core, Stretch, & Release
12:00 p.m.
- Hatha Yoga

2:00 p.m.
- L.I.F.T.

3:00 p.m.
- Women & Weights

6:00 p.m.
- Cardio Kickboxing

Twilight Yoga (NEW! Starting Oct. 7)

THURSDAY
8:45 a.m.
- Power

Gentle Yoga
9:00 a.m.
- Core Power EXPRESS

9:45 a.m.
- ZUMBA® Gold

10:00 a.m.
- Gentle Yoga

10:45 a.m.
- Stretch, Release & Restore EXPRESS

12:00 p.m.
- Low Impact Aerobics

5:30 p.m.
- ZUMBA® Gold

FRIDAY
8:45 a.m.
- Floor, Core & More

L.I.F.T.
9:45 a.m.
- Barre

10:00 a.m.
- Stability & Strength

ZUMBA® Gold
11:30 a.m.
- L.I.F.T.

12:00 p.m.
- Intro to Kinstretch®

SATURDAY
9:15 a.m.
- Power Combat

10:00 a.m.
- Dance Fusion

10:30 a.m.
- Rise & Thrive Yoga

All group classes are 45 - 50 minutes. Express classes are 25-30 minutes.

Class formats are subject to change at any time due to instructor availability.

Virtual Pass Add-On
with Current Group Exercise Pass
$35/calendar month

Howard County Residents

Quarterly (3 month increments).....$99

Monthly.....$58

Non-Howard County Residents

Quarterly (3 month increments).....$139

Monthly.....$68

Drop In

A La Carte.....$10