

## Fitness Classes with a Fee

Classes start the week of January 5 and end the week of March 16-20.  
Check monthly calendars for any updates. Registration opens Fri, Dec. 12, 9:00 a.m.

### Yoga

#### Chair Yoga @ Frederick & Virtual

**Note:** Instructor days have changed

**Instructor:** Catherine Randazzo (Mon & Wed)

**Instructor:** Debra Spotts (Tues & Thurs)

Focus on stretching, flexibility, balance and a few targeted strength poses while seated. There will be opportunities to do some poses while standing and holding onto a chair. Modifications are offered to ensure that everyone can participate and benefit from the practice. The class style is relaxed, and filled with humor, support, and laughter.

**Frederick** \$35, pre-register

Mondays, 12:15-1:15 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Mondays, 12:15-1:15 p.m.

**Frederick** \$35, pre-register

Tuesdays, 11:30-12:30 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Tuesdays, 11:30-12:30 p.m.

**Frederick** \$35, pre-register

Wednesdays, 10:45-11:45 a.m.

**Virtual** \$35 (or virtual pass), pre-register

Wednesdays, 10:45-11:45 a.m.

**Frederick** \$35, pre-register

Thursdays, 11:30 a.m.-12:30 p.m.

**Virtual** \$35, (or virtual pass), pre-register

Thursdays, 11:30 a.m.-12:30 p.m.

#### Morning Flow Yoga

**Instructor:** Debra Spotts

Traditional & non-traditional yoga moves to energize and waken the body. These will include standing and sitting (on the floor) asanas (postures).



**Virtual** \$35 (or virtual pass), pre-register  
Tuesdays, 8:00-9:00 a.m.

#### Yin Yang Yoga

**Instructor:** Joana Bragg

Bring together the benefits of passively holding yoga poses with more active dynamic sequences and standing postures; work on the muscles and blood flow, building strength, stamina, and flexibility.

**Virtual** \$35 (or virtual pass), pre-register  
Fridays, 8:00-9:00 a.m.

#### Chair Yoga @ Emmitsburg

**Instructor:** Christina Green

Chair yoga is a gentle, therapeutic, and inclusive variation of yoga.



Poses are done while seated or with the help of a chair. It is often recommended for those who find traditional yoga challenging. Chair yoga can help build strength, flexibility, and balance; and can also help reduce stress and depression.

**Emmitsburg** \$35, pre-register

Mondays, 1:00-2:00 p.m.

#### Chair Yoga @ Urbana

**Instructor:** Debra Tucci Twigg

This class is a safe and effective way to bring more activity, strength and stretching into your daily life. These exercises can help maintain or increase physical mobility, functional independence including a reduced risk of falls, and enhanced overall quality of life. The use of a chair is an excellent way to build strength and increase flexibility without putting too much strain on the body.

**Urbana** \$35, pre-register

Wednesdays, 11:30 a.m.-12:30 p.m.

#### Floor Yoga: Gentle

**Instructor:** Miyako Zeng (Tues)

**Instructor:** Deb Spotts (Thurs)

**Instructor:** Cheryl Glang (Thurs)

Focus on alignment of the muscular and skeletal structures, along with breathing techniques using both held and moving postures. Modifications are offered.

**Frederick** \$35, pre-register

Tuesdays, 2:30-3:45 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Tuesdays, 2:30-3:45 p.m.

**Frederick** \$35, pre-register

Thursdays, 4:30-5:30 p.m.

**Virtual** \$35 (or virtual pass), pre-register

Thursdays, 4:30-5:30 p.m.

#### Winter Quarter Holidays/Closings

Thurs, Jan. 1 • Fri, Jan. 9

Mon, Jan. 19



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### Movement

NEW

#### Fitness for All

*Instructor: Dessa Vandre*

Power up your potential with a full-body, low impact workout that is tailored for active older adults. This dynamic class is designed to energize your body and mind. We'll combine heart-pumping cardio with strength-building exercises to help you feel stronger, healthier, and more confident. No floor work.

**Frederick** \$35, pre-register

Tuesdays, 12:45-1:45 p.m.

NEW

#### Inspirational Fitness

*Instructor: Debra Tucci Twigg*

Stretching and movement to energize and motivate you to start your day. Includes standing and sitting to bring more activity, strength, and flexibility into your daily life.

**Virtual** \$35 (or virtual pass), pre-register

Thursdays, 8:00-9:00 a.m.

#### Functional Fitness: Joy of Movement

*Instructor: Nanette Tummers*

Improve how you “function” in everyday life through a program that improves your daily movement. Improve your cardiovascular fitness, muscle strength, balance, focus, and joint mobility. This class is done standing. Light handheld weights and resistance bands may be used. This is an Essentrics class with elements of Tai chi, yoga, and dynamic movement. Find your “joy of movement”!

**Frederick** \$35, pre-register

Wednesdays, 9:30-10:30 a.m.

**Virtual** \$35 (or virtual pass), pre-register

Wednesdays, 9:30-10:30 a.m.

#### Meditation & Movement (M&M)

*Instructor: Cain Yentzer*

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension through slow movement and deep breathing. Excellent for relaxation and sleep enhancement.

**Frederick** \$35, pre-register

Mondays, 11:10 a.m.-Noon

**Virtual** \$35 (or virtual pass), pre-register

Mondays, 11:10 a.m.-Noon

### Tai Chi

#### Tai Chi with Cain: Level 1 & 2

*Instructor: Cain Yentzer*



The program focuses on balance and flexibility using slow, rhythmic, and meditative body movements. It is designed to enhance relaxation and inner calm. You will be standing for the class.

##### Level 1:

**Frederick** \$35, pre-register

Wednesdays, 1:45-2:45 p.m.

**Level 2:** With instructor permission, this class is for students who have completed Level 1.

**Frederick** \$35, pre-register

Wednesdays, 3:00-4:00 p.m.

#### Tai Chi with Paul: Level 1 & 2

*Instructor: Paul Phillips*

End your week on a calming note to promote a peaceful weekend. This class is for adults of all ages and ability levels who want to improve balance and flexibility in a harmonious setting.

##### Level 1:

**Middletown** \$35, pre-register

Fridays, 2:30-3:30 p.m.

**Level 2:** With instructor permission, this class is for adults seeking a more advanced practice.

**Middletown** \$35, pre-register

Fridays, 1:30-2:30 p.m.



#### Inclement Weather Information

Please call any of the centers for early closure and delayed opening updates.



Any updates will be recorded on our voice mail. Sign-up using the link below to receive alerts when Frederick County Government is closed.  
<http://www.frederickcountymd.gov/ALERT>

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### Fitness, Strength & Stretch

#### Strength & Stretch

**Instructor:** Nanette Tummers, in-person @ Frederick



Join us for a strength & balance training, and gentle stretching class. Options for handheld weights, exercise bands, and being seated.

\*Hybrid classes meet in-person at the host center with the instructor joining via a video connection.

**Frederick** \$35, pre-register  
Tuesdays, 9:00-10:00 a.m.

**Brunswick** (\*hybrid) \$35 (or virtual pass), pre-register  
Tuesdays, 9:00-10:00 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Tuesdays, 9:00-10:00 a.m.

**Frederick** \$35, pre-register  
Tuesdays, 10:15-11:15 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Tuesdays, 10:15-11:15 a.m.

**Frederick** \$35, pre-register  
Thursdays, 9:00-10:00 a.m.

**Brunswick** (\*hybrid) \$35 (or virtual pass), pre-register  
Thursdays, 9:00-10:00 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Thursdays, 9:00-10:00 a.m.

**Frederick** \$35, pre-register  
Thursdays, 10:15-11:15 a.m.

**Virtual** \$35 (or virtual pass), pre-register  
Thursdays, 10:15-11:15 a.m.

### Dancing & Cardio

#### Line Dance

**Instructor:** Mary Anne Williams

Improve your balance, get moving, and have fun!

This class includes a review of the basic steps.



**Brunswick** (held at Brunswick City Park Building)

\$35, pre-register  
Mondays, 10:00-11:00 a.m.

**Urbana** \$35, pre-register  
Tuesdays, 12:30-1:30 p.m.

**Middletown** \$35, pre-register  
Wednesdays, 10:00-11:00 a.m.

**Frederick** \$35, pre-register  
Thursdays, 12:45-1:45 p.m.

#### Square Dancing

**Instructor:** Robert Abdinoor

Experience the fun and camaraderie. Basic calls and simple dance patterns are taught and reviewed.



**Frederick** \$35, pre-register  
Mondays, 1:00-2:00 p.m.

#### Zumba Gold

**Instructor:** Becca Kennedy

Active cardio, low impact dance moves and fun energizing music.



**Frederick** \$35, pre-register  
Wednesdays, 12:30-1:30 p.m.

### Otago: for Balance & Fall Prevention

The Otago Exercise Program is shown to reduce fall risk and improve balance for adults age 65 and older. The program focuses on improving strength, balance, and endurance through progressive exercises and at home practice.

Funding for this evidence-based program is provided by an Older Americans Act grant.  
Note: this class is for the quarter, January-March

**Instructor:** Nick Contardi, PT DPT

**Middletown** Free, pre-register  
Tuesdays, starting Jan. 6, 10:00 a.m.

**Urbana** Free, pre-register  
Thursdays, starting Jan. 8, 1:00 p.m.



## Free Exercise Programs

### Daily Exercise

Exercises include stretching, strength, balance, mobility, and cardio. Follow along to the video. There is not an instructor.

**Brunswick** Free, drop-in

Wednesdays, 10:00 a.m.

**Emmitsburg** Free, drop-in

*Low Intensity Exercise:* Mon-Thurs, 9:15 a.m.

**Urbana** Free, drop-in

*Moderate Intensity Exercise:* Mon-Thurs, 9:15 a.m.

*Low Intensity Exercise:* Mon-Thurs, 10:30 a.m.



### Chair Yoga (Video)

Stretching, flexibility, meditation!

This is chair yoga to a video.

There is not an instructor.

**Middletown** Free, drop-in

Mondays, 11:00 a.m.-Noon

**Urbana** Free, drop-in

Tuesdays, 9:45-10:15 a.m.

Thursdays, 9:45-10:15 a.m.



### Chair Dance

Enjoy oldies music during this seated exercise class. This is a video program with no instructor on site. Join your friends for a fun workout.

**Middletown** Free, drop-in

Thursdays, 9:30-10:00 a.m.

### Wii Bowling

Open play, drop-in!

**Brunswick** Free, drop-in

Tuesdays, 11:00 a.m.

Wednesdays, 1:00 p.m.

**Middletown** Free, drop-in

Mondays, 12:30 p.m.

Fridays, 11:00 a.m.



**“Aging is not lost youth but a new stage of opportunity and strength.”**

- Betty Friedan

### Pickleball

Participants play for fun and exercise. Loaner equipment is available.

**Brunswick City Park** Free, drop-in

Wednesdays, 9:00 a.m.

Saturdays, 9:00 a.m.



**Emmitsburg Gym** Free, drop-in, (no street shoes)

**Unrulies:** Beginner Friendly

Wednesdays, 1:00-3:00 p.m.

Fridays, 1:00-3:00 p.m.

**Intermediate:** Participants play by the rules

Tuesdays, 10:00-Noon

Thursdays, Noon-2:00 p.m.

### Open Gym

Drop in to walk laps, play badminton, cornhole, or basketball. You may bring your own gear and practice the game of your choice. Please be mindful of others using the gym (no street shoes).

**Emmitsburg Gym** Free, drop-in

Mon, Wed, Fri, 10:00 a.m.-Noon



### Bocce

Open play, drop-in!

Players must register at the center.

All equipment provided.

**Frederick** Free, pre-register



### Gentle Walk in Baker Park

Join us on Mondays for a walk around Baker Park.

**Meet Up @ “Skater House” at Culler Lake**

Free, pre-register @ Frederick

Mondays, ongoing, 9:00 a.m.

### Walking Group @ Brunswick

Meet the group at Othello Park for an easy stroll around the grounds. The Walking Group will meet near the restrooms to walk with others for company, support and safety. Routes vary based on participant preferences.

**Brunswick** Free, drop-in

Mondays, 8:30 a.m.

## Winter Fitness Classes Schedule

**Registration opens Friday, December 12, 9:00 a.m.**

**Classes with a fee start the week of January 5 and end the week of March 16-20.**

**Check monthly calendars for any updates.**

	<b>Fitness Classes with a Fee</b>	<b>Free Exercise Programs</b>
<b>MONDAYS</b>	10:00 <b>\$ Line Dance @ BSC</b> 11:10 <b>\$ M&amp;M @ FSC @ VSC</b> 12:15 <b>\$ Chair Yoga @ FSC @ VSC</b> 1:00 <b>\$ Square Dance @ FSC</b> 1:00 <b>\$ Chair Yoga @ ESC</b>	9-3 <b>Open Bocce @ FSC</b> 9:00 <b>Baker Park Walk @ FSC</b> 9:00 <b>Walking Group @ BSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 10:30 <b>Daily Exercise @ USC</b> 10:00 <b>Open Gym @ ESC</b> 11:00 <b>Chair Yoga: Video @ MSC</b> 12:30 <b>Wii Bowling @ MSC</b>
<b>TUESDAYS</b>	8:00 <b>\$ Morning Flow Yoga @ VSC</b> 9:00 <b>\$ Strength/Stretch @ FSC @ VSC @ BSC (hybrid)</b> 10:15 <b>\$ Strength/Stretch @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ FSC @ VSC</b> 12:30 <b>\$ Line Dance @ USC</b> 12:45 <b>\$ Fitness for All @ FSC</b> 2:30 <b>\$ Floor Yoga: Gentle @ FSC @ VSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 9:45 <b>Chair Yoga: Video @ USC</b> 10:00 <b>Pickleball: Intermediate @ ESC</b> 10:00 <b>Otago @ MSC</b> 10:30 <b>Daily Exercise @ USC</b>
<b>WEDNESDAYS</b>	9:30 <b>\$ Functional Fitness: Joy of Movement @ FSC @ VSC</b> 10:00 <b>\$ Line Dance @ MSC</b> 10:45 <b>\$ Chair Yoga @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ USC</b> 12:30 <b>\$ Zumba Gold @ FSC</b> 1:45 <b>\$ Tai Chi Level 1 @ FSC</b> 3:00 <b>\$ Tai Chi Level 2 @ FSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:00 <b>Pickleball @ BSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 10:00 <b>Daily Exercise @ BSC</b> 10:00 <b>Open Gym @ ESC</b> 10:30 <b>Daily Exercise @ USC</b> 1:00 <b>Pickleball: Unrulies @ ESC</b> 1:00 <b>Wii Bowling @ BSC</b>
<b>THURSDAYS</b>	8:00 <b>\$ Inspirational Fitness @ VSC</b> 9:00 <b>\$ Strength/Stretch @ FSC @ VSC @ BSC (hybrid)</b> 10:15 <b>\$ Strength/Stretch @ FSC @ VSC</b> 11:30 <b>\$ Chair Yoga @ FSC @ VSC</b> 12:45 <b>\$ Line Dance @ MSC</b> 4:30 <b>\$ Floor Yoga: Gentle @ FSC @ VSC</b>	9-3 <b>Open Bocce @ FSC</b> 9:15 <b>Daily Exercise @ ESC, USC</b> 9:30 <b>Chair Dance @ MSC</b> 9:45 <b>Chair Yoga: Video @ USC</b> 10:30 <b>Daily Exercise @ USC</b> Noon <b>Pickleball: Intermediate @ ESC</b> 1:00 <b>Otago @ USC</b>
<b>FRIDAYS</b>	8:00 <b>\$ Yin Yang Yoga @ VSC</b> 1:30 <b>\$ Tai Chi: Level 2 @ MSC</b> 2:30 <b>\$ Tai Chi: Level 1 @ MSC</b>	9-3 <b>Open Bocce @ FSC</b> 10:00 <b>Open Gym @ ESC</b> 11:00 <b>Wii Bowling @ MSC</b> 1:00 <b>Pickleball: Unrulies @ ESC</b>
<b>SATURDAYS</b>		9:00 <b>Pickleball @ BSC</b>
@ BSC Brunswick @ ESC Emmitsburg @ FSC Frederick @ MSC Middletown @ USC Urbana @ VSC Virtual		

**You must pre-register for all programs. Programs with an “\$” have a fee.**

Instructors will teach in-person at the centers listed unless it is a hybrid program.

Hybrid programs are virtual programs that are broadcast on a large screen.

## Quarterly Fees & Registration for Fitness Classes

**Registration opens Friday, December 12, 9:00 a.m.**

**Winter Fitness Classes (January-March) start the week of January 5, 2026 unless indicated.**

**Fees are not prorated for late starts/absences. Classes end the week of March 16-20.  
Check monthly calendars for any updates.**

- Pre-registration is required for all programs. Limited space for in-person programs.
- Payment must be included with registration. Payment is non-refundable.
- Programs may be postponed or canceled.
- Registration must be received least two business days before program.
- Please contact us regarding modifications for fitness classes.

**Single Fitness Class - Good for one fitness class for the quarter, \$35 per participant per class per quarter**

### **Bonus!**

If the class(es) you registered for are also offered through the Virtual Center (VSC), and we have your email address, you will also be sent the zoom link for the class(es) you have register for so you can join from home if you would like. Zoom links are sent the morning of the class.

**Hybrid classes meet in-person at the host center with the instructor joining via video.**

Note: Brunswick Line Dance and Hybrid Strength & Stretch are held at the Brunswick City Park building.

### **All-Access Virtual Fitness Pass - Good for all virtual and hybrid fitness classes**

\$65 per pass per participant per quarter. The All-Access Virtual Fitness Pass is **NOT** valid for any classes where the instructor is teaching in-person. If you wish to attend a class where the instructor is teaching in-person, please pay for a “Single Fitness Class”

**Credit/Debit Card: Online (you may pay with a check at one of the centers)**

Pay via our eStore: <http://frederickcountymd.gov.3dcartstores.com>

- Once on the website, locate the “50+ Community Programs” near the top of the page.
- Click on the program you want and add the selected program to your shopping cart



### **Scholarship Information**

Scholarships are available to help pay for fitness classes. For more information:  
visit [www.FrederickCountyMD.gov/Virtual50](http://www.FrederickCountyMD.gov/Virtual50) or email [DAI@FrederickCountyMD.gov](mailto:DAI@FrederickCountyMD.gov)

### **Free Programs**

Registration must be received at least two business days before program.

Email: [VirtualSeniorCenter@FrederickCountyMD.gov](mailto:VirtualSeniorCenter@FrederickCountyMD.gov) or call one of the senior centers.

*If you need auxiliary aids and services for effective communication or a reasonable modification in programs, services or activities contact the ADA Coordinator at [ADA@FrederickCountyMD.gov](mailto:ADA@FrederickCountyMD.gov) as soon as possible and preferably 10 business days before the activity or event.*

## Meet Our Fitness Instructors

### **Becca Kennedy: Zumba Gold**

Becca loves to teach Zumba Gold because she gets to dance with so many fun people! She has her Group Fitness Instructor Certification from the Athletics and Fitness Association of America. Becca lives on a farm with her family.

### **Cain Yentzer: Tai Chi, Meditation & Movement**

Cain is an expert in the science and practice of Tai-Chi. He has spent decades trying to perfect and spread the art of Tai-Chi both in the West and Far-East. He enjoys seeing how Tai-Chi benefits his students' lives.

### **Catherine Randazzo: Chair Yoga @ FSC**

Catherine is a certified yoga instructor and has been teaching since 2013. Her goal is for each participant to leave class feeling better than when they arrived.

### **Cheryl Glang: Yoga @ FSC**

Cheryl, a certified yoga instructor (500RYT) and fitness enthusiast, infuses her classes with a passion for movement and a profound dedication to mobility. Her inclusive teaching style offers modifications for accessibility. She encourages the class to explore breath awareness, mobility, range of motion, strength, and flexibility.

### **Christina Green: Chair Yoga @ ESC**

Christiana is a 500-hour certified yoga instructor registered with Yoga Alliance (500RYT). Christina teaches all levels, from beginner to intermediate/advanced practitioners, and various styles.

### **Debra Spotts: Chair Yoga @ FSC, Morning Flow Yoga**

Debra is certified as an E-RYT 200 Registered Yoga Teacher. She is passionate about teaching and sharing her love of yoga for the past 24 years, working at Frederick Yoga studios and Fitness Centers, as well as teaching zoom yoga classes.

### **Debra Tucci Twigg: Chair Yoga @ USC, Inspirational Fitness**

Debra's passion is teaching chair and floor exercise to adults who have limited mobility or need a reintroduction to balance and coordination; insuring safety with the freedom of movement designed to suit each level of ability. Movement is essential to building and sustaining strength and independence in sickness and in health. Her teaching is based on the miracle of the body.

### **Dessi Vandre: Fitness for All**

Dessi, an Arizona native, has called Maryland home for the past 22 years. A mother of five daughters, she brings warmth, energy, and a love of community to her classes. She enjoys spending time outdoors and diving into a good book whenever she can.

### **Joana Bragg: Yin Yang Yoga**

Joana is a registered yoga teacher, a mom, and a volunteer. She teaches in a light-hearted style in settings suited for all abilities. Joana focuses on proper alignment, accessibility, and fun; offering modifications and use of props.

### **Mary Anne Williams: Line Dance**

Mary Anne shares her joy of dancing. Her background as an elementary school teacher gives her the love of teaching and sharing.

### **Miyako Zeng: Gentle Floor Yoga**

Miyako started yoga 28 years ago and became a yoga instructor in 2013. Participants will gain flexibility and build strength. Experience the joy, and the wonder of yoga with Miyako!

### **Nanette Tummers: Strength & Stretch, Functional Fitness: Joy of Movement**

Dr. Nanette Tummers has been inspired to teach, study, research, and practice physical activity for over 40 years especially for the Active Aging community. Nanette has a doctorate in Kinesiology and Health Promotion and is Professor Emeritus at Eastern Connecticut State University. Nanette is an Essentrics Level 2, EnerChi and Yoga Instructor.

### **Nick Contardi: Otago**

Dr. Nick, PT, DPT, is passionate about helping people realize their fullest potential and specializes in helping older adults increase their mobility and improve their balance to reduce the risk of falls.

### **Paul Phillips: Tai Chi with Paul**

Paul, a retired physical fitness teacher, has been practicing and teaching Tai Chi for over 20 years. He is firm believer that Tai Chi not only improves physical health but mental and emotional health as well.

### **Robert Abdinoor: Square Dance**

A long time Square Dancer, Robert led his first square dance activity for the FSC in 2017. His mantra is: "Give me eight able-bodied folks; a decent dance floor; and in 15 minutes, I will have them having the most FUN of their lives." Won't you come join us?

**Fitness Classes**

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

Use this form to pay by check: drop-off at one of the centers or mail to: Frederick County Division of Aging &amp; Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

To pay by credit card visit our eStore: <http://frederickcountymd.gov.3dcartstores.com>

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Fitness Classes	Date	Location	Price	Total
<b>In-Person Only Fitness Classes</b> (Attend in-person) All-Access Virtual Pass is <b>not</b> valid for these classes				
<b>Virtual/Hybrid Fitness Classes:</b> classes are via Zoom @ home & *hybrid @ select centers				
Chair Yoga (Mon @ Frederick)	Mondays, 12:15 p.m.	Frederick	\$35	
Chair Yoga (Mon @ Virtual)	Mondays, 12:15 p.m.	Virtual only	\$35	
Chair Yoga (Wed @ Frederick)	Wednesday, 10:45 a.m.	Frederick	\$35	
Chair Yoga (Wed @ Virtual)	Wednesday, 10:45 a.m.	Virtual	\$35	
Chair Yoga (Tues @ Frederick)	Tuesdays, 11:30 a.m.	Frederick	\$35	
Chair Yoga (Tues @ Virtual)	Tuesdays, 11:30 a.m.	Virtual only	\$35	
Chair Yoga (Thurs @ Frederick)	Thursday, 11:30 a.m.	Frederick	\$35	
Chair Yoga (Thurs @ Virtual)	Thursday, 11:30 a.m.	Virtual only	\$35	
Chair Yoga @ Emmitsburg	Mondays, 1:00 p.m.	Emmitsburg	\$35	
Chair Yoga @ Urbana	Wednesdays, 11:30 a.m.	Urbana	\$35	
Floor Yoga: Gentle	Tuesdays, 2:30 p.m.	Frederick	\$35	
Floor Yoga: Gentle	Tuesdays, 2:30 p.m.	Virtual only	\$35	
Floor Yoga: Gentle	Thursdays, 4:30 p.m.	Frederick	\$35	
Floor Yoga: Gentle	Thursdays, 4:30 p.m.	Virtual only	\$35	
Morning Flow Yoga	Tuesdays, 8:00 a.m.	Virtual	\$35	
Yin Yang Yoga	Fridays, 8:00 a.m.	Virtual	\$35	
Inspirational Fitness	Thursdays, 8:00 a.m.	Virtual	\$35	
Meditation & Movement	Mondays, 11:10 a.m.	Frederick	\$35	
Meditation & Movement	Mondays, 11:10 a.m.	Virtual only	\$35	
Tai Chi with Cain: Level 1	Wednesdays, 1:45 p.m.	Frederick	\$35	
Tai Chi with Cain: Level 2	Wednesdays, 3:00 p.m.	Frederick	\$35	
Tai Chi with Paul: Level 1	Fridays, 2:30 p.m.	Middletown	\$35	
Tai Chi with Paul: Level 2	Fridays, 1:30 p.m.	Middletown	\$35	
<b>Make checks payable to "Frederick County Treasurer"</b>				<b>Grand Total</b>

Office Use Only: Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_

## Fitness Classes

Registration opens Friday, Dec. 12, 9:00 a.m.

**By registering you are agreeing to abide by the DAI 50+ Community Senior Center Code of Conduct**

**Use this form to pay by check:** drop-off at one of the centers or mail to: Frederick County Division of Aging & Independence, Attn: 50+ Programs, 1440 Taney Ave., Frederick, MD 21702

**To pay by credit card** visit our eStore: <http://frederickcountymd.gov.3dcartstores.com>

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Fitness Classes	Date	Circle Location	Price	Total
<b>In-Person Only Fitness Classes</b> (Attend in-person) All-Access Virtual Pass is <b>not</b> valid for these classes				
<b>Virtual/Hybrid Fitness Classes:</b> classes are via Zoom @ home & *hybrid @ select centers				
*All-Access Virtual Pass (valid for all virtual & hybrid classes)	January-March 2026	Virtual & *Hybrid	\$65	
Strength & Stretch	Tuesdays, 9:00 a.m.	Frederick	\$35	
Strength & Stretch	Tuesdays, 9:00 a.m.	Virtual only	\$35	
Strength & Stretch: Hybrid	Tuesdays, 9:00 a.m.	*Brunswick Hybrid	\$35	
Strength & Stretch	Tuesdays, 10:15 a.m.	Frederick	\$35	
Strength & Stretch	Tuesdays, 10:15 a.m.	Virtual only	\$35	
Strength & Stretch	Thursdays, 9:00 a.m.	Frederick	\$35	
Strength & Stretch	Thursdays, 9:00 a.m.	Virtual	\$35	
Strength & Stretch: Hybrid	Thursdays, 9:00 a.m.	*Brunswick Hybrid	\$35	
Strength & Stretch	Thursdays, 10:15 a.m.	Frederick	\$35	
Strength & Stretch	Thursdays, 10:15 a.m.	Virtual only	\$35	
Fitness for All	Tuesdays, 12:45 p.m.	Frederick	\$35	
Functional Fitness: Joy of Movement	Wednesdays, 9:30 a.m.	Frederick	\$35	
Functional Fitness: Joy of Movement	Wednesdays, 9:30 a.m.	Virtual only	\$35	
Line Dance @ Brunswick	Mondays, 10:00 a.m.	Brunswick	\$35	
Line Dance @ Urbana	Tuesdays, 12:30 p.m.	Urbana	\$35	
Line Dance @ Middletown	Wednesdays, 10:00 a.m.	Middletown	\$35	
Line Dance @ Frederick	Thursdays, 12:45 p.m.	Frederick	\$35	
Square Dance	Mondays, 1:00 p.m.	Frederick	\$35	
Zumba Gold	Wednesdays, 12:30 p.m.	Frederick	\$35	
Otago Balance/Fall Prevention	Tuesdays, 10:00 a.m.	Middletown	Free	
Otago Balance/Fall Prevention	Thursdays, 1:00 p.m.	Urbana	Free	
<b>Make checks payable to "Frederick County Treasurer"</b>			<b>Grand Total</b>	

**Office Use Only:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Credit Card \_\_\_\_\_ AIM \_\_\_\_\_ Staff Name \_\_\_\_\_ Date \_\_\_\_\_