

## 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 @ 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 @ 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 @ 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.*