

BioFitness Registration Form

Name:

Address:

City:

State & Zip Code:

Phone—Daytime:

Phone—Evening:

Email Address: (Only for BioFitness Class Information)

Class Location:

Class Number:

Class Day:

Class Time:

Class Fee:



live more, play more
pgparks.com

To register for M-NCPPC, you must have a SMARTlink account. Sign up at www.mncppc.org.



Join us on Facebook for class updates, photos and more BioFitness news!

www.facebook.com/biofitness.Maryland

You know you want to find time to exercise. Start with us! We will welcome you into the class that you choose!

Unless otherwise notified, go to class as scheduled. We will see you there!

BioFitness

BioFitness, LLC

P. O. Box 74, Davidsonville, MD 20135

410.956.1084

claire.biofitness@gmail.com

www.biofitness.us

BioFitness

"Fit for Life"

Prince George's
County

SUMMER 2016

Classes Start the Week of
June 6th, 2016

BioFitness

Come to class . . .because
your fitness matters to
YOU!

www.biofitness.us

BOWIE

Bowie Community Center (3209 Stoneybrook Drive, 20715)

BioFit Aerobics (High/Low)	#1652065	T/Th	6:15-7:15 pm	Mae Quon	16 classes	\$65.00	6/7	First Class
BioFit Aerobics (High/Low)	#	T/Th	6:15-7:15 pm	Mae Quon	6 classes	\$30.00	8/2	First Class

Bowie Senior Center (14900 Health Center Drive, 20716)

BioFit Senior Aerobics	#5500	T/Th	9:00-10:00 am	Jill Snellings	16 classes	\$38.00	6/7	First Class
-------------------------------	-------	------	---------------	----------------	------------	---------	-----	-------------

Register at class location.

FT. WASHINGTON

Tucker Road Community Center (1771 Tucker Road, 20744)

BioFit Aerobics (High/Low)	#1652068	T/Th	9:00-10:00 am	Kathi Clagett	16 classes	\$65.00	6/7	First Class
-----------------------------------	----------	------	---------------	---------------	------------	---------	-----	-------------

GLENN DALE

St. George's Episcopal Church (7010 Glenn Dale Road, 20769)

BioFit Senior Aerobics	#660	M/W	9:00-10:00 am	Jill Snellings	16 classes	\$42.00	6/6	First Class
-------------------------------	------	-----	---------------	----------------	------------	---------	-----	-------------

* For St. George's Episcopal Church, make check payable to BioFitness. Register with instructor at class site.

HYATTSVILLE

Berwyn Heights Community Center (6200 Pontiac Street, 20740)

BioFit Aerobics (Low Impact)	#1855010	T/Th	5:30-6:30 pm	Carol Barrett	16 classes	\$65.00	6/7	First Class
BioFit Aerobics (Low Impact)	#1655011	T/Th	5:30-6:30 pm	Carol Barrett	6 classes	\$30.00	8/2	First Class

LAUREL

Robert J. DiPietro Community Center (7901 Cypress Street, 20707)

BioFit Aerobics (High/Low)	# 5133	M/W	6:00-7:00 pm	Sue Martin	16 classes	\$65.00	6/6	First Class
BioFit Aerobics (Low Impact)	# 5134	T/TH	6:15-7:00 pm	Paula Mandelman	16 classes	\$65.00	6/7	First Class
BioFit Aerobics (High/Low)	# 5135	M/W	6:00-7:00 pm	Sue Martin	6 classes	\$30.00	8/3	First Class
BioFit Aerobics (Low Impact)	# 5136	T/TH	6:15-7:00 pm	Paula Mandelman	6 classes	\$30.00	8/2	First Class

UPPER MARLBORO

Trinity Episcopal Church (14515 Church Street, 20772)

BioFit Aerobics (High/Low)	#770	M/W	9:30-10:30 am	Mae Quon	16 classes	\$65.00	6/6	First Class
-----------------------------------	------	-----	---------------	----------	------------	---------	-----	-------------

* For Trinity Episcopal Church Class, make check payable to: BioFitness. Register with instructor at class site.

Upper Marlboro Community Center (5400 Marlboro Race Track Rd., 20772)

BioFit Aerobics (Low Impact)	#1653803	M/W	6:45-7:45 pm	Phyllis McCormick	14 classes	\$59.00	6/20	First Class
BioFit Tone & Firm	#1655159	T/Th	5:30-6:30 pm	Kathi Clagett	14 classes	\$59.00	6/21	First Class
BioFit Aerobics (High/Low)	#1653801	Sat.	9:00-10:00 am	Kathi Clagett	8 classes	\$29.00	6/24	First Class

BioFit Aerobics (High/Low):

This 60 minute fitness class will improve mobility, condition the cardiovascular system, increase flexibility, improve balance and strengthen core muscle groups. This program is fun, easy to follow and the class atmosphere is friendly and inviting. A combination of High/Low impact is included and you choose according to your fitness level. Mat/floor work includes exercises that will challenge the muscle groups to improve toning and increase strength. Light hand held weights are optional. This fitness class as a great addition to your fitness goals.

BioFit Aerobics (Low Impact):

The format of this 60 minute class is low impact. All the benefits listed in the above BioFit Aerobics (High/Low) are incorporated in this program with the focus on low impact while maintaining a good cardiovascular workout. Mat/floor work is included and light hand held weights are optional. This fun fitness class is a great addition to your fitness goals.

BioFit Tone & Firm:

This 60 minute program consists primarily of exercises that will challenge muscle groups to improved muscle toning and increase muscle strength. Resistance devices are used but are optional. This class will also improve mobility, increase flexibility, improve balance and strengthen core muscle groups. This program is fun, easy to follow and the class atmosphere is friendly and inviting. This fitness class is a great addition to your fitness goals.

BioFit Senior:

This 60 minute fitness class incorporates flexibility, strength training and balance exercises, while including a cardio segment that is varied for all fitness levels. All exercises are done either in a seated or standing position. This friendly non competitive atmosphere is a great addition to the 55 and over exerciser looking to maintain and improve their overall fitness.