

Calvert County Parks & Recreation Northern Area



Group Exercise Class

FALL 2016 SESSION

Classes Start SEPTEMBER 12th

6 weeks / 12 classes—\$59.00

FALL II 2016 SESSION

Classes Start NOVEMBER 2nd

6 weeks / 12 classes—\$59.00

“Fit for Life”

Calvert County *BioFitness* Class Schedule

www.biofitness.us

OWINGS

Windy Hill Middle School (9560 Boys Turn Road, 20736)

BioFit Aerobics (High/Low) # 112331A	M/W	7:00—8:00 pm	Nancy Poole	12 Classes	\$59.00	9/12 First Class
BioFit Aerobics (High/Low) # 112331B	M or W	7:00—8:00 pm	Nancy Poole	6 Classes	\$39.00	9/12 First Class
BioFit Aerobics (High/Low) # 212331C	M/W	7:00—8:00 pm	Nancy Poole	12 Classes	\$59.00	11/2 First Class
BioFit Aerobics (High/Low) # 212331D	M or W	7:00—8:00 pm	Nancy Poole	6 Classes	\$39.00	11/2 First Class



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

www.facebook.com/biofitness.Maryland

BioFitness

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Calvert County Services are accessible
for the hearing impaired.
Call (800) 735-2258.

Come and Join Your Area's
Group Exercise Class!

BioFitness also offers
group exercise classes in
Anne Arundel and Prince
George's Counties.

BioFitness

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.