

## 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: \_\_\_\_\_

Make check payable to:

Anne Arundel County Rec. & Parks

Mail check with registration form to:

Anne Arundel County Rec & Parks

1 Harry S. Truman Pkwy

Annapolis, MD 21401

Register Online at:

[www.aacounty.org/recparks](http://www.aacounty.org/recparks)



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

[www.facebook.com/biofitness.Maryland](http://www.facebook.com/biofitness.Maryland)

You know exercise is  
important for your good  
health. Group fitness classes  
are FUN! Start with us! We  
will welcome you into the  
class that you choose!

Classes offered in

Prince George's and Calvert Counties

# BioFitness

BioFitness, LLC

P. O. Box 74, Davidsonville, MD 20135

410.956.1084

[claire.biofitness@gmail.com](mailto:claire.biofitness@gmail.com)

[www.biofitness.us](http://www.biofitness.us)

# BioFitness

## "Fit for Life"

Anne Arundel County

### FALL 2016

Classes Start

September 6th & 7th, 2016

12 classes / \$ 67.00

**BioFitness**

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

[www.biofitness.us](http://www.biofitness.us)

## ANNAPOLIS

Arundel Olympic Swim Center (2690 Riva Rd., 21401)

<b>BioFit Tone &amp; Firm</b>	#8630	T/Th	6:00-7:00pm	Jill Snellings	12 classes	\$67.00	9/20	First Class
<b>BioFit Tone &amp; Firm</b>	#8633	Tues.	7:15-8:15pm	Jill Snellings	7 classes	\$40.00	9/20	First Class
<b>BioFit Tone &amp; Firm</b>	#8631	T/Th	6:00-7:00pm	Jill Snellings	12 classes	\$67.00	11/8	First Class
<b>BioFit Tone &amp; Firm</b>	#8634	Tues.	7:15-8:15pm	Jill Snellings	7 classes	\$40.00	11/8	First Class

## CROFTON

Crofton Woods Elementary School (1750 Urby Dr., 21114)

<b>BioFit Tone &amp; Firm</b>	#8627	M/W	6:15-7:15pm	Mary Funk	12 classes	\$67.00	9/12	First Class
<b>BioFit Tone &amp; Firm</b>	#8628	M/W	6:15-7:15pm	Mary Funk	12 classes	\$67.00	10/26	First Class

## EDGEWATER / MAYO

Mayo United Methodist Church (1005 Old Turkey Point Rd., 21037)

<b>BioFit Aerobics (High/Low)</b>	#1001	M/W	6:15-7:15 pm	Debbie Langley	12 classes	\$67.00	9/12	First Class
<b>BioFit Aerobics (High/Low)</b>	#1002	M/W	6:15-7:15 pm	Debbie Langley	12 classes	\$67.00	11/2	First Class

## HARWOOD

South County Rec. Center (4510 Owingsville-Sudley Rd., 20776)

<b>BioFit Aerobics (Low Impact)</b>	#8618	T/Th	5:45-6:45 pm	Sherri DeBari	12 classes	\$67.00	9/6	First Class
<b>BioFit Aerobics (Low Impact)</b>	#8619	T/Th	5:45-6:45 pm	Sherri DeBari	12 classes	\$67.00	10/25	First Class

## LINTHICUM

Linthicum / Brooklyn Park (196 Hammonds Lane, 21225)

BioFit Aerobics (Low Impact)	#8621	T/Th	6:30-7:30 pm	Cynthia / Lorie	12 classes	\$67.00	9/6	First Class
BioFit Aerobics (Low Impact)	#8622	T/Th	6:30-7:30 pm	Cynthia / Lorie	12 classes	\$67.00	10/25	First Class

## ODENTON

Waugh Chapel Elementary School (840 Sunflower Drive, 21113)

<b>BioFit Aerobics (High/Low)</b>	#8615	M/W	6:30-7:30 pm	Mae Quon	12 classes	\$67.00	9/7	First Class
<b>BioFit Aerobics (High/Low)</b>	#8616	M/W	6:30-7:30 pm	Mae Quon	12 classes	\$67.00	10/24	First Class

## PASADENA

High Point Elementary School (924 Duvall Highway, 21122)

<b>BioFit Aerobics (High/Low)</b>	#8612	M/W	6:30-7:30 pm	Wendell Holland	12 classes	\$67.00	9/7	First Class
<b>BioFit Aerobics (High/Low)</b>	#8613	M/W	6:30-7:30 pm	Wendell Holland	12 classes	\$67.00	10/24	First Class

## SEVERN

Quarterfield Elementary School (7967 Quarterfield Rd., 21144)

<b>BioFit Aerobics (High/Low)</b>	#9199	M/W	6:30-7:30 pm	Cynthia / Claire	12 classes	\$67.00	9/7	First Class
<b>BioFit Aerobics (High/Low)</b>	#9200	M/W	6:30-7:30 pm	Cynthia / Claire	12 classes	\$67.00	10/24	First Class

## SEVERNA PARK

Benfield Elementary School (365 Lynwood Dr., 21146)

<b>BioFit Aerobics (Low Impact)</b>	#8609	M/W	6:30-7:30 pm	Lorie Melocchi	12 classes	\$67.00	9/7	First Class
<b>BioFit Aerobics (Low Impact)</b>	#8610	M/W	6:30-7:30 pm	Lorie Melocchi	12 classes	\$67.00	10/24	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 fitness class is low impact. This class will also 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. 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 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.