

BioFitness

www.biofitness.us

Anne Arundel County

Fall I 2019 Session-Classes Start September 9th & 10th 2019

Fall II 2019 Session-Classes Start November 4th & 5th 2019

Each Session: 12 classes/6 weeks - \$67.00

BioFit Aerobics (High/Low)

The BioFit Aerobics (High/Low) program is fun and easy to follow, with a class atmosphere that is friendly and inviting. It combines both high and low impact exercises, which vary according to your fitness level. The class includes mat and floor work that challenges the muscle groups to improve tone and increase strength. You have the option of incorporating light handheld weights.

BioFit Aerobics (Low Impact)

Not to be confused with being easy or ineffective, the BioFit Aerobics (Low Impact) workouts integrate exercises that have a low impact on your body. The exercises are easier on your joints with a decreased risk of injury. Mat and floor work is also included, with the option of using light handheld weights.

BioFit Tone & Firm

The BioFit Tone & Firm program consists primarily of exercises that challenge muscle groups to improve muscle tone and increase muscle strength. You have the option of using resistance

training devices. This fitness class is a great addition to help you reach your desired level of physical fitness.

BioFitness Class List

Anne Arundel County Fall 2019 Classes:

Arundel Olympic Swim Center, Annapolis, 2609 Riva Rd. 21401

BioFit Tone & Firm 17851 T/Th 6:00-7:00pm Jill 12/\$67. Starts: 9/17/19
BioFit Tone & Firm 17854 Tues. 7:15-8:15pm Jill 7/\$40. Starts: 9/17/19
BioFit Tone & Firm 17852 T/Th 6:00-7:00pm Jill 12/\$67. Starts: 11/5/19
BioFit Tone & Firm 17855 Tues. 7:15-8:15pm Jill 7/\$40. Starts: 11/5/19

Prince of Peace Fellowship Hall, Crofton, 1651 Ardsley Place, 21114

BioFit Tone & Firm 210 T/Th 9:30-10:30am Mary 12/\$67. Starts: 9/17/19
BioFit Tone & Firm 220 T/Th 9:30-10:30am Mary 12/\$67. Starts: 11/5/19

Mayo United Meth. Church, Edgewater, 1005 Turkey Pt. Rd. 21037

BioFit Aerobics (H/L) 2010 M/W 6:00-7:00pm Debbie 12/\$67. Starts: 9/9/19
BioFit Aerobics (H/L) 2020 M/W 6:00-7:00pm Debbie 12/\$67. Starts: 11/4/19

South Co. Rec. Ctr. Harwood, 4510 Owingsville-Sudley Rd. 20776

BioFit Aerobics(Low)17848-T/Th 5:45-6:45pm- Sherri 12/\$67. Starts: 9/10/19
BioFit Aerobics(Low)17849-T/Th 5:45-6:45pm- Sherri 12/\$67. Starts: 11/5/19

Waugh Chapel Elem. School, Odenton, 840 Sunflower. Dr. 21113

BioFit Aerobics (H/L) 17842 M/W 6:30-7:30pm Mae 12/\$67. Starts: 9/9/19
BioFit Aerobics (H/L) 17843 M/W 6:30-7:30pm Mae 12/\$67. Starts: 11/4/19

High Point Elem. School, Pasadena, 924 Duvall Hwy. 21122

BioFit Aerobics (H/L) 17840 M/W 6:30-7:30pm 12/\$67. TBA. Starts: 11/4/19

Quarterfield Elem. School, Severn, 7967 Quarterfield Rd. 21144

BioFit Aerobics (H/L) 17845 M/W 6:30-7:30pm-Cynthia. -12/\$67. Starts: 9/9/19
BioFit Aerobics (H/L) 17846 M/W 6:30-7:30pm-Cynthia. -12/\$67. Starts: 11/4/19

Benfield Elem School, Severna Park, 365 Lynwood Dr. 21146

BioFit Aerobics (Low) 17836 M/W 6:30-7:30pm Lorie 12/\$67. Starts: 9/9/19
BioFit Aerobics (Low) 17837 M/W 6:30-7:30pm Lorie 12/\$67. Starts: 11/4/19

P.O Box 74, Davidsonville, MD 21035

Tel: 410-956-1084

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