

BioFitness

Prince George's County – www.biofitness.us

Fall I 2019 Session. Classes Start Sept. 9th & 10th 2019
14 classes/7 weeks - \$63.00

Fall II 2019 Session. Classes Start Nov. 4th & 5th 2019
12 classes/6 weeks - \$54.00

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
Prince George's County Fall 2019 Session Classes:

Bowie Community Ctr., Bowie, 3209 Stoneybrook Dr. 20715

BioFit Aerobics (H/L) Activity #17603-509A T/Th 6:00-7:00pm Mae 14/\$63.
Starts: 9/10/19

BioFit Aerobics (H/L) Activity #17603-509B T/Th 6:00-7:00pm Mae 14/\$54.
Starts: 11/05/19

Bowie Senior. Ctr., Bowie, 14900 Health Center Dr. 20716

(age-55 and over)

BioFit Senior Aerobics Class # 55-FI2019-T/Th 9:00-10:00am Jill 14/\$40.
Starts: 9/10/19

BioFit Senior Aerobics Class # 55-FII2019-T/Th 9:00-10:00am Jill 12/\$32.
Starts: 11/05/19

Tucker Road Community. Ctr., Ft. Washington, 1771 Tucker Rd. 20744

BioFit Aerobics(H/L) Activity # 17419-584A T/Th 9:30-10:30am-Kathi-14/\$63.
Starts: 9/10/19

BioFit Aerobics(H/L) Activity # 17419-584B T/Th 9:30-10:30am-Kathi-12/\$54.
Starts: 11/05/19

Glenn Dale Community Ctr., Glenn Dale, 11901 Glenn Dale Ave. 20769

(age-55 and over)

BioFit Senior Aerobics Activity # 17603-527A M/W 8:45- 9:45am Jill 14/\$42.
Starts: 09/09/19

BioFit Senior Aerobics Activity # 17603-527B M/W 9:45- 10:45am Jill 14/\$42.
Starts: 09/09/19

BioFit Senior Aerobics Activity # 17603-527C M/W 8:45- 9:45am Jill 14/\$42.
Starts: 11/04/19

BioFit Senior Aerobics Activity #:17603-527D M/W 9:45- 10:45am Jill 14/\$42.
Starts: 11/04/19

Berwyn Heights Community Ctr., Hyattsville, 6200 Pontiac St. 20740

BioFit Aerobics (Low) Activity #17603-506B T/Th 5:30-6:30pm Carol 14/\$63.
Starts: 9/24/19

BioFit Aerobics (Low) Activity #17603-506C T/Th 5:30-6:30pm Carol 12/\$54.
Starts: 11/05/19

**Laurel Armory Anderson-Murphy Community Ctr., Laurel,
422 Montgomery St. 20707**

BioFit Aerobics (H/L) Class #6973 M/W 6:00-7:00pm Sue 14/\$63.

Starts: 9/9/19

BioFit Aerobics (H/L) Class #6979 M/W 6:00-7:00pm Sue 12/\$54.

Starts: 11/04/19



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Upper Marlboro Community Ctr., 5400 Marlboro Race Track Rd. 20772

BioFit Aerobics (H/L) Activity # 17419-586C M/W 9:30-10:30am Mae 14/\$63.

Starts: 9/09/19

BioFit Aerobics (H/L) Activity # 17419-586D M/W 9:30-10:30am Mae 12/\$54.

Starts: 11/04/19

BioFit Aerobics (Low) Activity # 17420-586-A -M/W 6:45-7:45pm Phyllis
14/\$63. Starts: 9/09/19

BioFit Aerobics (Low) Activity # 17420-586-B -M/W 6:45-7:45pm Phyllis
12/\$54. Starts: 11/04/19

BioFit Tone & Firm Activity # 17421-586A T/Th 5:30-6:30pm Kathi 14/\$63.
Starts: 9/10/19

BioFit Tone & Firm Activity # 17421-586B T/Th 5:30-6:30pm Kathi 12/\$54.
Starts: 11/05/19

BioFitness, LLC - 410-956-1084 - www.biofitness.us