

BioFitness

www.biofitness.us

Calvert County

Fall I 2019 Session Classes Start September 9th, 2019

Fall II 2019 Session Classes Start October 28th, 2019

12 classes/6 weeks - \$59.00 each session

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.

BioFitness Class List

Windy Hill Middle School., Owings, 9560 Boyds Turn Rd. 20736

BioFit Aerobics (H/L) Activity. #:112331-A M/W 7:00-8:00pm Nancy 12 classes/\$59.
Starts: 9/9/18

Windy Hill Middle School., Owings, 9560 Boyds Turn Rd. 20736

BioFit Aerobics (H/L) Activity. #:112331-C M/W 7:00-8:00pm Nancy 12 classes/\$59.
Starts: 10/28/19

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

