



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	8:00- 9:00am Cardio Yoga (01) A		8:00- 9:00am Cardio Yoga (01) A		8:00- 9:00am Cardio Yoga (01) A		
<b>KEY:</b> Health and Well-being programs will take place in one of the following locations at the Randallstown Community Center. G=Gymnasium M=Meeting Room T=Theater A=Activity Room L=Lobby P=Pool Deck S=Senior Center		9:00- 10:00am Everfit (01) T		9:00- 10:00am Everfit (01) T			
		9:45 - 10:45am Meditation (03) A					
		10:00- 11:00am Cardio Blast (01) T			10:00- 11:00am Cardio Blast (01) T		
		11:00am - 12:00pm Yoga (02) A			11:00am - 12:00pm Yoga (02) A		
		11:00am - 12:00pm Tai Chi 02135 (02) M			11:00am - 12:00pm Tai Chi (01) M		
		11:00am - 12:00pm Meditation (04) S				4:00- 4:45pm Ballet (01)	
			4:00- 5:00pm Basketball Skills (01) Ages 6 - 9 yrs		4:00- 5:00pm Basketball Skills (01) Ages 10 - 12 yrs		
		5:30- 6:30pm Getting Started (02) L		5:30- 6:30pm Getting Started (02) L	5:00- 6:00pm Jazz (02)		
	6:30- 7:30pm Zumba (01) L	6:30- 7:30pm Circuit Training (01) G	6:30- 7:30pm Zumba (01)	6:30- 7:30pm Circuit Training (01) G			
		6:30- 7:30pm Cardio Blast (02) L		6:30- 7:30pm Cardio Blast (02) L			
		7:30- 8:30pm Cardio Kickboxing (02) G	7:30- 8:30pm Core Conditioning (Advanced Abs) (01) PD	7:30- 8:30pm Cardio Kickboxing (02) G			

### Health & Well-being Program Fees

Program Code	Class Name	Frequency	Metro Rate	Center Spec. Rate	*Open Rate
02151	Cardio Blast	2x/wk	FREE	\$5	*
02166	Cardio Kickboxing	2x/wk	FREE	\$5	*
02231	Cardio Yoga	3x/wk	FREE	\$5	*
02155	Circuit Training	2x/wk	FREE	\$5	*
02182	Core Conditioning	1x/wk	FREE	\$5	*
02236	Getting Started	2x/wk	\$25	\$30	\$50
02372	Everfit	2x/wk	FREE	\$5	*
02231	Meditation**	1x/wk	\$20	\$25	\$40
02135	Tai Chi	1x/wk	\$20	\$25	\$40
02231	Yoga	2x/wk	FREE	\$5	*
02189	Zumba	2x/wk	\$25	\$30	\$50
<b><u>Youth Programs</u></b>					
02335	Ballet (7 - 10 yrs)	1x/wk	\$45	\$50	\$90
02335	Jazz (11 - 13 yrs)	1x/wk	\$55	\$60	\$110
<b><u>Sports Program</u></b>					
14356	Basketball Skills (6 - 12 yrs)	1x/wk	\$40	\$60	\$80

\*Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.

\*\* Must be a member of the Sr. Center.



### **Cardio Blast (02151)**

A total body workout combining multiple strength and cardio workouts to build strength and burn calories. Classes may use steps, cycles, stability balls, and more to achieve a total body workout.

### **Cardio Kickboxing (02166)**

High intensity cardiovascular workout that combines martial arts, boxing, and aerobics.

### **Cardio Yoga (02231)**

An energizing style of yoga with a flowing sequence of poses that offers a cardiovascular conditioning as well as the traditional benefits of practicing yoga.

### **Circuit Training (02155)**

Circuit training is designed to boost metabolism and burn calories by alternating between quick intervals of cardio and strength exercises.

### **Core Conditioning (02182)**

Focus on abdominal, back and hip exercises to tone the center or "core" of your body.

### **Everfit (02372)**

Suited for the active older adult; a low impact class with emphasis on stretching, strengthening, joint mobility, flexibility, and balance.

### **Getting Started (02236)**

If it's been too long, or you're new to working out, this is a great way to get you started on your journey to fitness. Walking and basic exercises will be used to get your body adjusted to regular physical activity.

### **Meditation (02231)**

Relax your mind and body and focus on your inner strength and peace.  
*(Must be a member of the Sr. Center to take this class.)*

### **Tai Chi (02135)**

Fluid movements to help settle and focus the mind, relax the body, and coordinate strength.

### **Yoga (02231)**

A gentle yoga class that incorporates meditation, strength building and flexibility, to learn the balance benefits of yoga, while using the breath to connect the mind and body.

### **Zumba (02189)**

A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Featuring aerobic/fitness interval training, instructed by a Zumba certified instructor.

## **Youth Programs**

### **Ballet (02335)**

Ages 7 - 10 yrs

Class will include warm ups, bar work and center floor exercises that will help the dancers develop strength, flexibility, poise and musicality. They will also learn ballet terminology. *Leotard, tights and leather ballet shoes required.*

### **Jazz (02335)**

Ages 11 - 13 yrs

Enjoy the genre of Jazz dance with a focus on isolations and rhythmic transitions. *Jazz shoes and fitted clothing are required*

## **Sports Program**

### **Basketball Skills (14356)**

Ages 6 - 12 yrs

Participants will develop skills in dribbling, passing, shooting and ball control.