



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 - 6:45am Studio Cycle (02)	8:15 - 9:15am Cardio Blast (01)	5:45 - 6:45am Studio Cycle (07)	9:05 - 10:05am Cardio Strength Training (02)	5:45 - 6:45am Studio Cycle (12)	7:30 - 8:30am Studio Cycle (13)
	9:05 - 10:05am Cardio Kickboxing (01)	9:30 - 10:30am Boot Camp (01)	7:25 - 8:25am Yoga (03)	9:30 - 10:30am Boot Camp (01)	9:05 - 9:50am Body Pump Express (06)	7:45 - 9:00am Double Step (01)
9:30 - 11:00am Studio Cycle (01)			9:05 - 10:05am Cardio Kickboxing (03)	10:10 - 10:55am Super Step (04)		8:15 - 9:30am Yoga Lvl. I (05)
9:40 - 10:55am Yoga (06)	10:10 - 10:55am Body Pump Express (01)	10:10 - 10:55am Super Step (02)	10:10 - 11:10am Cardio Blast (01)	10:35 - 11:20am Studio Cycle (09)	9:55 - 10:55am Cardio Blast (03)	9:05 - 9:50am Zumba (01)
11:05 - 11:50am Zumba Gold (10)	10:10 - 11:10am Yoga/Flow (01)	10:35 - 11:20am Studio Cycle (04)	11:15am - 12:15pm Body Pump (04)	11:00 - 11:55am Core Conditioning (02)	11:00 - 11:45am Body Ball (02)	9:15 - 10:00am Studio Cycle (14)
	11:00 - 11:45am Body Ball (01)	11:00 - 11:55am Core Conditioning (01)	11:15am - 12:15pm Pilates (02)	12:10 - 12:55pm Zumba Gold (11)	11:50 - 1:05pm Everfit (01)	9:35 - 10:50am Yoga Lvl. II (11)
12:00 - 1:00pm Kickboxing/MA (01)	11:50 - 1:05pm Everfit (01)	12:00 - 1:00pm Zumba (02)	12:25 - 1:40pm Everfit (02)	5:05 - 5:50pm Body Pump Express (01)		9:55 - 10:40am Cardio Blast (04)
	4:10 - 5:00pm Body Pump Express (02)	5:05 - 5:50pm Body Pump Express (01)	4:10 - 5:10pm Body Pump Express (05)	5:30 - 6:30pm Boot Camp (04)		10:45 - 11:45am Cardio Kickboxing (05)
	5:05 - 5:50pm Cardio Strength Training (01)	5:30 - 6:30pm Boot Camp (04)	5:00 - 6:00pm Kickboxing/MA (02)	5:55 - 6:40pm Cardio Kickboxing (04)	5:35 - 6:20pm Zumba Gold (12)	12:00 - 1:00pm Adult Seido Karate (04) green/brown/black
	5:55 - 6:55pm Super Step (01)	5:55 - 6:40pm Cardio Kickboxing (02)	5:20 - 6:05pm Super Step (03)	6:00 - 7:00pm Studio Cycle (10)	5:30 - 6:15pm Jump & Pump (01)	1:00 - 2:00pm Adult Seido Karate (05) black belt
		6:00 - 7:00pm Studio Cycle (05)	5:30 - 6:15pm Studio Cycle (01)	6:20 - 7:35pm Beginning Climb (30)	6:20 - 7:35pm Family Climb (20)	2:00 - 3:00pm Adult Seido Karate (03) white/blue/yellow
	6:15 - 7:15pm Tai Chi Lvl I (01)	6:35 - 7:50pm Yoga Lvl. II (10)	6:10 - 6:55pm Cardio Strength Trng. (01)	6:35 - 7:50pm Yoga Lvl. I (04)	6:25 - 7:30pm Body Pump (07)	
		6:45 - 7:30pm BLT w/Cardio Conditioning (01)		6:45 - 7:30pm Cardio Blast (02)		
	7:15 - 8:00pm Studio Cycle (03)	7:30 - 8:15pm Adv. Studio Cycle (06)	7:15 - 8:00pm Studio Cycle (08)	7:30 - 8:15pm Adv Studio Cycle (11)	NOTE: Ask about Jeff Friday's Personal Training and Metashape classes offered at 5:45am M/W/F, 1:00pm M/W, and 7:00am on Sat!	
	7:15 - 8:15pm Tai Chi- Lvl II (02)	7:35 - 8:35pm Pilates (01)		7:35 - 8:35pm Pilates (03)		
	8:00 - 9:00pm Adult Seido Karate (01)	7:55 - 9:10pm Yoga Lvl. I (02)	8:00 - 9:00pm Adult Seido Karate (02)	8:20 - 9:50pm Yoga Cycle (32)		

Health & Wellness Program Fees

Program Code	Class Name	Frequency	Member Rate	*Open Rate
02119	Adult Seido Karate	1x/wk / 2x/wk / 3x/wk	\$40 / \$58 / \$76	\$60 / \$85 / \$110
02168	Adv Studio Cycle	1x/wk	FREE	*
02437	Beginner Climb	1x/wk	\$60	\$100
02181	BLT w/Cardio	1x/wk	FREE	*
02174	Body Ball	1x/wk	FREE	*
02178	Body Pump	1x/wk	FREE	*
02152	Boot Camp	1x/wk / 2x/wk	\$45 / \$75	\$80 / \$135
02151	Cardio Blast	1x/wk	FREE	*
02166	Cardio Kickboxing	1x/wk	FREE	*
02154	Cardio Strength Training	1x/wk	FREE	*
02182	Core Conditioning	2x/wk	FREE	*
02162	Double Step	1x/wk	FREE	*
02372	Everfit	2x/wk	FREE	*
02437	Family Climb	1x/wk	\$110/pair	\$190/pair
02157	Jump & Pump	1x/wk	FREE	*
02131	Kickboxing (Martial Arts) 15yrs & up	1x/wk	\$40	\$70
02236	Pilates	1x/wk	\$55	\$95
02168	Studio Cycle	1x/wk	FREE	*
02163	Super Step	1x/wk	FREE	*
02135	Tai Chi (all levels)	1x/wk	\$50	\$95
02231	Yoga – 60 min/75 min	1x/wk	\$55 / \$65	\$95 / \$110
02231	Yoga/Flow	1x/wk	\$55	\$95
02131	Yoga Cycle	1x/wk	\$50	\$87
02189	Zumba/Zumba Gold – 45 min /60 min	1x/wk	\$30 / \$35	\$60 / \$70

Personal Training

This program is led by a certified Personal Trainer. Personal training is designed around your needs and your schedule. Must purchase in packages. Call for open rates.

Pkg	Member Rate	Open Rate
1 Session	\$60	\$120
3 Sessions	\$174	\$348
6 Sessions	\$336	\$672
12 Sessions	\$654	\$1,308
18 Sessions	\$954	\$1,908
25 Sessions	\$1,300	\$2,600



Check out our new Senior Programs in the Senior Recreation Section!

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

Inclement Weather Hotline

For inclement weather cancellations and facility closings, please call 410-465-7956 and press 3.



FitLinxx®

Our digital training partner that takes the “work” out of “working out”. FitLinxx® provides instant training feedback and recommended exercise programs. It also measures your fitness progress.

Personal Training

Led by a certified Personal Fitness Trainer who will develop a fitness routine that is tailored to your specific needs, including cardio and strength machines, free weights, stretching, plyometrics, agility drills and sport-specific training.

Wellness Assessment

Our wellness assessment is a fitness evaluation that measures your cardiovascular endurance, body composition, strength and flexibility.

Health & Wellness Classes

Adult Seido Karate

Karate instills self-confidence, discipline and self-defense. Centered around kicks, blocks and punches, and may include kata, sparring and board breaking.

Advanced Studio Cycle

A challenging interval training ride for cyclists.

Beginner Climb

Geared towards beginners who would like a great workout while learning basic safety & climbing skills. Participants will also learn proper wall etiquette & belay techniques

BLT w/Cardio (Buns, Legs, Tummies)

This class concentrates on toning buns, legs and tummies while you get a cardiovascular workout.

Body Ball

A stability ball class using muscle conditioning exercises to focus on the abdominals, back and legs.

Body Pump

BODY PUMP™ is the original barbell class that strengthens your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Boot Camp

A challenging, fun workout that is a mix of cardio drills & total body strengthening. Includes a fitness assessment to measure progress.

Cardio Blast

Total body workout combining multiple cardio and strength exercises.

Cardio Kickboxing

Combination of kicks, boxing and aerobics.

Cardio Strength Training

Power-packed class promotes cardio cross-training with strength training for a total body workout.

Core Conditioning

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

Double Step

A challenging cardio interval workout using two steps. Final minutes of class is strength training.

Everfit

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

Family Climb

Learn to climb & belay with your family at this program!
Must sign up in pairs with youth/adults who are able to learn to belay other family member.

Jump & Pump

A high energy & high intensity exercise session with activities such as jumping rope, sprints, callisthenics & more.

Kickboxing/MA (ages 15yrs & up)

This is a martial arts program with Southeast Asian Kickboxing techniques as a means of self-defense, aerobic, and muscular conditioning.

MetaShape (with Jeff Friday)

The intensity and customized instruction of a personal training session at a group rate you can afford. Achieve maximum levels of strength, flexibility, and endurance through a uniquely structured workout combining cardiovascular and muscular strength exercises.

Pilates

Activate deep muscles, tone, streamline and improve posture with Pilates. Class focuses on total body conditioning with an emphasis on core muscle training and flexibility.

Studio Cycle

Indoor cycling class for a guaranteed cardiovascular workout.

Super Step

Take step to the next level with this high intensity step class.

Tai Chi

An ancient art for modern times. It relieves tension, and stress, increases flexibility and heals the body mind and spirit. Join us and learn how to slow down your fast paced life

Yoga/Yoga Flow

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calmness.

Yoga Cycle

A motivating 45-minute Cycle class followed by 45 minutes of a flowing, invigorating Yoga class; a great combination for a full workout for both the mind and the body!

Zumba

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.

Zumba Gold

Same great class, but geared towards beginners or active older adults.