



ZUMBA FITNESS!

Sept 2-Dec 2 6 sessions Mondays OR Thursdays

Program #10FG43 Thursdays, 9/2-10/7

Program #10FG44 Thursdays, 10/21-12/9 (no 11/11, 11/25)

Program #10FG45 Mondays, 10/18-11/29 (no 11/22)

Mambo - Calypso - Merengue - Salsa! Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Easy to follow – all abilities welcome! The most fun you'll ever have working out! Ditch the workout – join the party - its exercise in disguise! Age: 13-adult. **No early bird or senior discount.**



Instructor: Yvette Castillo

TIME: 7:30-8:30pm FEE: \$24

LOCATION: Taneytown Senior Center



ZUMBA FITNESS!

Sept 7-Oct 12 OR Oct 26-Dec 7

6 sessions Tuesdays

Program #10FG46 9/7-10/12

Program #10FG47 10/26-12/7 (no 11/23)

Mambo - Calypso - Merengue - Salsa! Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Easy to follow – all abilities welcome! The most fun you'll ever have working out! Ditch the workout – join the party - its exercise in disguise! Age: 13-adult. **No early bird or senior discount.** Instructor: Candy Ranlet

TIME: 7-8pm FEE: \$35

LOCATION: Westminster Senior Center

HEARTY YOGA+

Sept 7-Oct 26 OR Nov 2-Dec 21 8 sessions Tuesdays

Program #10FG48 9/7-10/26

Program #10FG49 11/2-12/21

Being plus size should not stop you from what yoga has to offer! Everyone can benefit from this ancient practice of Mind-Body connection. In a comfortable environment we will use breathing, meditation and an adaptation of traditional poses to fit your body. Practicing yoga is not just for the lean anymore! Age: 16-adult. Instructor: Gail Keil



TIME: 7-7:45pm FEE: \$50

LOCATION: Robert Moton Center, 300 S. Center Street

RPM CYCLE

Sept 13-Nov 1 8 sessions Mondays

Program #10FG50

This indoor cycling workout will have you riding to the rhythm of powerful music. Take on the terrain with your inspiring team who leads the pack through hills, flats, mountain peaks and intervals. Discover your athlete within. Arrive 15 minutes prior to class to reserve your bike. Age: adult. Instructor: Golds Gym staff

TIME: 6:30-7:30pm FEE: \$60

LOCATION: Gold's Gym, Westminster

BODY COMBAT

Sept 13-Nov 4 8 sessions Mondays OR Thursdays

Program #10FG51 Mondays 9/13-11/1, 6:30-7:30pm

Program #10FG52 Thursdays 9/16-11/4, 10:15-11:15am

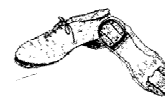
Program #10FG53 Thursdays 9/16-11/4, 7:30-8:30pm

An empowering cardio workout where you will be unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as boxing, taekwondo, tai chi and muay thai.

Age: adult. Instructor: Golds Gym staff

TIME: Choose above FEE: \$60

LOCATION: Gold's Gym, Westminster



CLOGGING - BEGINNER I

Sept 13-Nov 8 (no 10/11) 8 sessions Mondays

Program #10FG54

Join this fun contemporary American Folk dance class - no experience required! Learn basic fundamentals working on form, movement, balance, basic sounds and steps, moving on to combine steps into simple dance routines designed especially to incorporate the basic steps. White thin soled canvas tennis shoes are needed. A one-time \$16 material fee is due to instructor at first class. Age: 8-adult. **No early bird or senior discount.** Instructor: Becky Kishter

TIME: 6-6:30pm FEE: \$35

LOCATION: Sandymount Elementary School, cafeteria

CLOGGING - BEGINNER II

Sept 13-Nov 8 (no 10/11) 8 sessions Mondays

Program #10FG55

Students should have participated in at least one Beginner I or comparable program. Continue learning basic fundamentals working on form, movement, balance, basic sounds and steps, moving on to combine steps into dance routines. White clogging shoes w/jingle taps are required. A one-time \$4 material fee is due to instructor at first class. Age: 8-adult. **No early bird or senior discount.** Instructor: Becky Kishter

TIME: 6:30-7pm FEE: \$35

LOCATION: Sandymount Elementary School, cafeteria



CLOGGING - LEVEL I & II

Sept 13-Nov 8 (no 10/11)

8 sessions Mondays

Program #10FG56 Level I, 7-8pm

Program #10FG57 Level II, 8-9pm

Fun contemporary American Folk dance! Level I - for dancers who have one or more years experience in clog dancing; continuing to build on basic steps/routines, working on synchronized team dancing. Level II - for the experienced clogger, learning intermediate and advanced steps/routines, improving synchronized team dancing. A one-time \$4 materials fee is due to instructor at first class. White clogging shoes w/jingle taps are required. Age: 8-adult. **No early bird or senior discount.** Instr.: Becky Kishter

TIME: See above FEE: \$45

LOCATION: Sandymount Elementary School, cafeteria



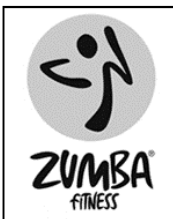
HEALTH & WELLNESS



(Continued)

ZUMBA FITNESS!

Sept 13-Dec 13 6 sessions Mondays OR Wednesdays
 Program #10FG58 Mondays, 9/13-10/25 (no 10/11)
 Program #10FG59 Wednesdays, 9/15-10/20
 Program #10FG60 Wednesdays, 10/27-12/8 (no 11/24)
 Program #10FG61 Mondays, 11/1-12/13 (no 11/22)



Get ready to join the fitness party that has swept over 30 countries! A multi-cultural dance-exercise experience that fuses Latin dance moves together with energizing original music for an awesome fat-burning, core-conditioning workout! Easy to follow – all abilities are welcome! The most fun you'll ever have working out! Ditch the workout – join the party – its exercise in disguise! Age: 13+. **No early bird or senior discount.**

Instructor: Lynette Stupi

TIME: See below FEE: \$35

LOCATION: Mondays-New Windsor Middle, cafeteria 7:30-8:30pm
 Wednesdays-Cranberry Station Elementary, cafeteria 7-8pm

AEROBIC DANCING

Sept 13-Dec 15 24 sessions Mondays AND Wednesdays
 (no 11/8, 11/15, 11/22, 11/24)



Program #10FG62

Aerobic Dancing by Jackie Sorenson is an international program dating back to 1967, and has been professionally offered in Carroll County for over 30 years. It is an aerobic fitness sport which combines the health and figure benefits of jogging with the fun of dancing. You can exercise at your own level as you firm and tone muscles, strengthen your cardiovascular system, burn calories, reduce stress and have fun socializing with friends. Bring floor mats, hand and leg weights if desired. **No early bird or senior discount.** Instructor: Paulette Greenwalt

TIME: 7-8pm FEE: \$69

LOCATION: Piney Ridge Elementary School, cafeteria

TENNIS - ADULT BEGINNER

Sept 13-Oct 25 (no 10/11) 6 sessions Mondays

Program #10FG63

A tennis program perfect for adult beginners age 17+. This course will help those new to the sport of tennis develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will also learn scoring and boundaries for both singles and doubles play. Equipment provided. No refunds for weather cancellations or rescheduling. **No early bird or senior discount.** Instructor: Christi Spencer

TIME: 6:30-7:30pm FEE: \$65

LOCATION: Westminster City Park courts



BODY FLOW

Sept 14-Nov 7 8 sessions Tues OR Thurs OR Sundays

Program #10FG64 Tuesdays 9/14-11/2, 6-7am

Program #10FG65 Thursdays 9/16-11/4, 6:30-7:30pm

Program #10FG66 Sundays 9/19-11/7, 8:15-9:15am

A Les Mills Yoga/Tai Chi Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Age: adult. Instructor: Gold's Gym staff

TIME: Choose above FEE: \$60

LOCATION: Gold's Gym, Westminster

SOCIAL BALLROOM DANCING — BEGINNER I

Sept 13-Nov 29 (no 10/11, 11/22) 10 sessions Mondays
 Program #10FG67

Learn the basic steps in various dances including East coast Swing, foxtrot, cha cha, waltz, rumba, and disco. **No senior discount.** Instructor: Thelma Otto

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Oklahoma Road Middle School, cafeteria

SOCIAL BALLROOM DANCING — INTERMEDIATE

Sept 15-Nov 17 10 sessions Wednesdays
 Program #10FG68

Improve on your basic ballroom dance steps with intermediate steps and styling. This class will pick up on steps taught in our Beginner I & II classes. **No senior discount.** Instructor: Thelma Otto/Les Debelius

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Carroll Springs School, gymnasium

SOCIAL BALLROOM DANCING — BEGINNER II

Sept 21-Dec 7 (no 11/2, 11/23) 10 sessions Tuesdays
 Program #10FG69

This class will pick up on steps taught in the Beginner I class. Steps will add onto the basic steps, including East Coast Swing, foxtrot, cha cha, waltz, and rumba. **No senior discount.** Instructor: Thelma Otto/Les Debelius

TIME: 7-9:30pm FEE: \$135/couple

LOCATION: Oklahoma Road Middle School, cafeteria

CARDIO-KICKBOXING

Sept 14-Oct 22 OR Nov 2-Dec 14 12 sessions Tues AND Fridays
 Program #10FG70 9/14-10/22

Program #10FG71 11/2-12/14 (no 11/26)

Fall into fitness! This is a great time of year to exercise before the winter doldrums set in. Women, men and teens participate in a powerful cardio workout in a fun, and relaxed environment. Get fit, increase flexibility and coordination, relieve stress, and boost your stamina while working out to great music. Workouts change with each class - you'll never get bored! Age 15+. **No early bird or senior discount.** Instructor: Master Bun Huor

TIME: Tuesdays meets 8:30-9:30pm FEE: \$90

Fridays meets 7:30-8:30pm

LOCATION: Sykesville Tae Kwon Do Academy, 1532 Liberty Road

HATHA YOGA

Sept 15-Oct 20 OR Nov 3-Dec 15 6 sessions Wednesdays
 Program #10FG72 Wednesdays, 9/15-10/20

Program #10FG73 Wednesdays, 11/3-12/15 (no 11/24)

We'll link breath and movement for a flowing yoga practice. Each class will include poses to improve flexibility, strength, coordination and balance as well as poses to promote relaxation and stress release. This practice will be suitable for beginner to intermediate students as the poses can be modified to suit participant's needs. Bring a yoga mat and a blanket. Age: adult. Instructor: Shawn Essed

TIME: 7-8pm FEE: \$48

LOCATION: Northwest Middle School, 99 Kings Drive, Taneytown





HEALTH & WELLNESS

(Continued)



ARCHERY FOR SENIORS

September 16 1 session Thursday

Program #10FG74 10am

Program #10FG75 11:30am

Who said old dogs can't learn new tricks? Try your skill with a simple recurve bow and "target" arrows! No athletic experience necessary. Learn safety precautions and proper technique for shooting at targets. You must use our equipment. We may increase this program to a series if we have enough interest. Wear athletic shoes and tie back long hair. Age: 60+.

No early bird or senior discount. Instructor: Tina Shupp

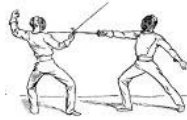
TIME: Choose above **FEE:** \$6

LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

FENCING

Sept 16-Nov 4 8 sessions Thursdays

Program #10FG76



One of the oldest and most fascinating sports in the world - the skill and timing that are involved in the successful execution of quick movements is astonishing. The precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent make this an extremely exciting sport! Matching wits with your competition can be one of the most challenging and satisfying experiences of a life time! Age: 12+, all levels welcome. Students will be responsible for providing their own equipment (should not exceed \$100, however, some used equipment is available on loan or for purchase at a low cost). A \$10 material fee for gloves is due to instructor first night of class. Instructor: Katie McPeak/John Dayton

TIME: 7-9pm **FEE:** \$75

LOCATION: Mount Airy Middle School - cafeteria

STRENGTH, BALANCE & STRETCH

Sept 16-Nov 4 8 sessions Thursdays

Program #10FG77

Take a gentle approach to increasing your strength, maximizing your flexibility and improving your balance. There is a particular focus on gentle joint mobility as well. A great class for the beginner or someone who feels that regular group exercise is too intense. Instruction includes use of chairs, bricks and straps to support and modify for the needs and safety of the participant. Age: adult. Instructor: Gold's Gym staff

TIME: 11:15am-12:15pm **FEE:** \$60

LOCATION: Gold's Gym, Westminster



BODY STEP

Sept 16-Nov 4 8 sessions Thursdays

Program #10FG78

An energizing step workout to fantastic music using an adjustable step and simple elements on, over and around the step to get huge motivation. The cardio tracks will push your fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body. Age: adult. Instructor: Gold's Gym staff

TIME: 5:30-6:30pm **FEE:** \$60

LOCATION: Gold's Gym, Westminster

HATHA YOGA

Sept 16-Oct 21 OR Nov 4-Dec 16 6 sessions Thursdays

Program #10FG79 Thursdays, 9/16-10/21

Program #10FG80 Thursdays, 11/4-12/16 (no 11/25)

We'll link breath and movement for a flowing yoga practice. Each class will include poses to improve flexibility, strength, coordination and balance as well as poses to promote relaxation and stress release. This practice will be suitable for beginner to intermediate students as the poses can be modified to suit participant's needs. Bring a yoga mat and a blanket. Age: adult. Instructor: Shawn Essed

TIME: 9:15-10:30am **FEE:** \$48

LOCATION: Robert Moton Center, 300 S. Center Street, Westminster



STREET SMART AWARENESS AND SELF DEFENSE

September 25 1 session Saturday

Program #10FG81

Are you often out by yourself? Are you concerned about what you would do when facing a dangerous situation? Are you (or your daughter, perhaps) just beginning to go out alone with friends or date? Learn how to find your voice - don't be a victim or get talked into a bad situation. Learn not only the most comprehensive self defense techniques available, but also how to avoid and diffuse potentially dangerous situations in the first place! Wear comfortable clothes. There will be plenty of time in class to practice the techniques covered. Teens are encouraged to attend. This is a great class to take with a friend! Age: 13-adult. **No early bird or senior discount.** Instructor: Master Bun Huor

TIME: 1-3pm **FEE:** \$35

LOCATION: Sykesville Tae Kwon Do Academy, 1532 Liberty Road

ARCHERY FOR ADULTS

November 4 1 session Thursday

Program #10FG82

Adults only! Try your skill with a simple recurve bow and "target" arrows. No athletic experience necessary. Learn safety precautions and proper technique for shooting at targets. We have a variety of equipment to meet all size requirements, you must use our equipment. Wear athletic shoes and tie back long hair. Age: adult. **No early bird or senior discount.** Instructor: Tina Shupp

TIME: 6-7:30pm **FEE:** \$6

LOCATION: Robert Moton Center, 300 S. Center Street, Westminster

