



HEALTH & WELLNESS

VINYASA FLOW YOGA

#17FG13 **Sat, Sept 2–Oct 14** (no 9/30), **8–9am**

Designed as an introduction, focus is on safe alignment in foundational poses with attention and focus on the breath. Vinyasa yoga draws from a range of traditions and the primary focus is linking breath with asana (postures) which lends to this "flow" like quality of movement during practice. The practice builds heat within the body, effective in strengthening one's endurance, increasing flexibility and creating overall body awareness while holding space for calm and quieting of the mind. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. Bring a mat and blocks if you have them. Instructor-Bethany Britton

16–Adult / 6 sessions / former Brethren Center

\$42

BARRE FITNESS

Tuesdays, 6:15–7:05pm

#17FG14 **Sept 5–Oct 10**

#17FG15 **Oct 17–Dec 5** (no 10/31 & 11/21)

Raise the 'barre' on your health! Barre fitness (pronounced "bar") blends strengthening exercises used by dancers along with toning and flexibility work from the world of Pilates. Set to energizing music, barre is easily adapted to any fitness level. This non-impact, "no-dancing" dancer's workout uses body-weighted exercises and optional light hand weights to burn fat; improve posture and build a stronger core and longer, leaner muscles. Bring a mat and an optional pair of hand-weights if desired (1 or 2lb); class may be done barefoot or in yoga socks. Instructor-Lynette Stupi

16–Adult / 6 sessions / WSC

\$40

ZUMBA® FITNESS

Tuesdays, 7:15–8pm

#17FG16 **Sept 5–Oct 10**

#17FG17 **Oct 17–Dec 5** (no 10/31 & 11/21)

The perfect combination of fun and fitness has made this program a world-wide phenomenon. Experience the energy and flavor with music from around the world; enjoy easy-to-follow dance steps while burning a ton of calories without even realizing it. There are lots of ways to lose weight...some are just more fun! Instructor-Lynette Stupi

16–Adult / 6 sessions / WSC

\$35

POP PILATES

Wednesdays, 6:15–7pm

#17FG18 **Sept 6–Oct 11**

#17FG19 **Oct 18–Nov 29** (no 11/22)

POP Pilates is sweeping the fitness world by taking classical mat pilates to the next level! A rhythmic flow of ab-chiseling moves and traditional mat-based exercises presented to Top 40 POP hits will have you sweating to the beat and feeling strong! Bring a full-size yoga mat. Can be done in shoes, barefoot, or in yoga socks. Instructor-Lynette Stupi

16–Adult / 6 sessions / WSC

\$35

BALLROOM DANCE

Wednesdays, Sept 6–Oct 25

#17FG20 **Beginners 6–7:30pm**

#17FG21 **Experienced 7:30–9pm**

Grab your partner, friend or spouse, dance as a couple, and join the fun learning the basic steps to various ballroom dances such as the Foxtrot, Cha-Cha, Waltz, Rumba, and more. Those couples with little to no experience should join the Beginners sessions; experienced dancers are those with 3+ years. Instructor-Stacey Welsh

Adult / 8 sessions / WMS

\$69/couple, No senior discount

MARTIAL ARTS

#17FG22 **Wed, Sept 6–Sept 27, 6:30–7:30pm**

Filipino Martial Arts - Arnis, Eskrima and Kali are Filipino martial arts. Practitioners learn to defend themselves against weapons such as swords, knives, sticks, staffs, projective, flexible, improvised weapons and empty hand fighting by training with a rattan or padded stick. Youth must be accompanied by a parent/guardian during all sessions. Instructor-Ken Mamaril

11–Adult / 4 sessions / NCSC

\$25

YOGA IN SILVER RUN

#17FG23 **Wed, Sept 6–Oct 11, 8–9pm**

#17FG24 **Wed, Oct 25–Dec 6** (no 11/22), **8–9pm**

A relaxing program and environment, and a wonderful way to end your day. Join this gentle, mixed-level program suitable for participants beginner-intermediate level, including seniors and mothers-to-be. Poses are broken down and modifications offered to meet all abilities. Focus is on linking breath with movement and quieting the mind; designed to build strength and flexibility to allow the body to perform daily activities. Bring a mat, towel, water bottle, and yoga blocks/strap if you have them. Instructor-Ginny Beazley

16–Adult / 6 sessions / St. Mary's UCC

\$42

TENNIS - ADULT BEGINNER

#17FG25 **Mon, Sept 11–Oct 16, 6:30–7:30pm**

A program for those new to the sport to develop basic tennis strokes including forehand, backhand, volleying, and overhead. Participants will learn scoring and boundaries for singles and doubles play; equipment is provided. No refunds for weather cancellations or rescheduling conflicts. Instructor-Christi Spencer

17–Adult / 8 sessions / Westminster City Park

\$67, No senior discount

ZUMBA® FITNESS

Mondays 6:30–7:30pm

#17FG26 **Sept 11–Oct 23** (no 9/25)

#17FG27 **Nov 6–Dec 11**

Mambo - Calypso - Merengue - Salsa! A multi-cultural dance exercise experience that fuses Latin dance together with energizing music for an awesome fat-burning, core-conditioning workout! Energetic fun! Instructor-Yvette Castillo

13–Adult / 6 sessions / TSC

\$35, No early bird or senior discount

YOGA FIT

Tuesdays, 6–7pm

#17FG28 **Sept 12–Oct 17**

#17FG29 **Oct 24–Dec 5** (no 10/31)

Designed as an introduction to the practice of yoga; slower paced than an all-levels class and focused on developing clear and safe alignment in foundational poses. With a focus on breath, these classes draw from a range of yoga traditions. In addition to asana (poses), classes include opportunities for meditation. Together, we come into the breath and quiet the mind as we find steadiness in asana. Come to learn, play and maybe even break a sweat in a supportive environment. You don't need to be able to touch your toes; you just have to be willing to try. Bring a mat. Instructor-Rahul Ahuja

16–Adult / 6 sessions / RMC

\$42

30/30 IN THE CIRCUIT

Wednesdays 6:30–7:30pm

#17FG30 **Sept 13–Oct 25** (no 9/27)

#17FG31 **Nov 8–Dec 13**

Zumba Fitness PLUS strength/core/flexibility - two classes in one! We will do 30 minutes of exhilarating Zumba, and then be lead and motivated to challenge yourself through 30 minutes of a variety-packed workout focusing on weight, interval/cardio, core and flexibility training. It will leave you wanting more! Bring 5-15lb dumbbells, a mat, and stability ball. Instructor-Yvette Castillo

16–Adult / 6 sessions / TSC

\$40, No early bird or senior discount

POUND® Rockout. Workout.

LUNCHTIME 12:15–1pm @ RMC

#17FG32-L **Thur, Sept 14–Oct 19**

#17FG33-L **Thur, Oct 26–Dec 7** (no 11/23)

EVENING 6:30–7:15pm @ WSC

#17FG32-E **Thur, Sept 14–Oct 19**

#17FG33-E **Thur, Oct 26–Dec 7** (no 11/23)

As seen on 'This Is Us' - - the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Instead of listening to music, you become the music in this exhilarating full-body workout combining cardio, conditioning and strength training with yoga and pilates-inspired movements. Rock out using lightly weighted drumsticks - the newest fitness craze transforming drumming into an incredibly effective way of working out. For all fitness levels! Bring a mat or two, water bottle and sticks if you have them (you can purchase from instructor or choose to use instructor's for your first program before purchasing). Instructor-Jamie Beverly

16–Adult / 6 sessions / locations listed above

\$45, No senior discount

(+\$16 to instructor for Ripstix, if needed)





HEALTH & WELLNESS

~Continued~

TAI CHI CHUAN & QIGONG

Beginner 6:30-7:30pm

Experienced 7:30-8:30pm

#17FG34 **Thur, Sept 14-Oct 19**

#17FG35 **Thur, Oct 26-Dec 7** (no 11/23)

Roughly referred to as "internal martial arts," has achieved popularity in China and beyond. Performed in a slow, relaxed, continuous and graceful manner, emphasizing relaxation, meditation, and harmony of both mind and body. White Crane Qigong is traditional Chinese exercise that imitates the movements of cranes with breathing techniques. Both have proved to improve balance, fall prevention, and many other chronic diseases. Indicate Beginner or Experienced upon registration. Instructor-Peter Chen

Adult / 6 sessions / RMC

\$42

FENCING

#17FG36 **Fri, Sept 15-Nov 17** (no 9/29 & 11/10), **7-9pm**

Have you ever wanted to learn how to sword fight? If so, this is the class for you! Students learn the skills of this exciting sport, from the basics to the precise maneuvers employed in offense and defense to initiate or avoid attacks from your opponent. Matching wits with your competition can be one of the most challenging and satisfying experiences of a lifetime! No experience required - all levels welcome. Students are responsible for providing their own equipment (mask, jacket, gloves, weapon). Information on where/how to purchase items will be provided upon registration. Instructor-Ben Backe

12-Adult / 8 sessions / RMC

\$80 (+estimated initial equipment cost of \$115)

CLOGGING

Mondays, Sept 18-Nov 20

(no 10/9 and 11/13)

#17FG37-I **Intermediate, 5-6pm**

#17FG37-A **Advanced, 6-7pm**

#17FG37-B **Beginner, 7-7:30pm**

A fun contemporary American Folk dance for all to enjoy! The Beginner level requires no experience-students will learn basic fundamentals working on basic form, movement, sounds/steps, and combining into simple dance routine(s). Wear a thin-soled shoe (leather sole works best). Intermediate requires 3+ years' experience, and Advanced is for the well-experienced clogger: wear white clogging shoes with jingle taps; learn new routines/steps and work on team form and accuracy; sessions will include some free dance time. Instructor-Footnotes, Becky Morehouse

8-Adult / 8 sessions / RMC

\$40-Beginner

\$55-Intermediate or Advanced

(+\$16 material fee for taps, if needed)

No early bird or senior discount

YOGA FOR STRESS RELIEF

#17FG38 **Thur, September 28, 6:30-7:45pm**

#17FG39 **Thur, October 26, 6:30-7:45pm**

#17FG40 **Thur, November 16, 6:30-7:45pm**

As a group, we will use postures, breath work and guided visualizations to feel whole, calm and centered. Each program will focus on a different component of yoga that helps us to navigate our fast-paced, plugged-in world and to stay calm in the storms of life. The themes will build on each other, but the programs will also work as a stand-alone. New and experienced yoga students welcome. Instructor-Shawn Essed

14-Adult / 1 session / TSC

\$10, No early bird or senior discount

FULL MOON YOGA

#17FG41 **Saturday, October 7, 6:30-8pm**

Come outdoors and enjoy this All-Levels Yoga practice by the light of the waning full moon! We will have soft drumming to assist in steadying our attention and breath rhythm. Bring a mat, flashlight, and blanket if you have one. If not, some blankets will be available for use. Youth must be accompanied by a participating adult. Instructor-A Mindful Yoga Studio staff

14-Adult / 1 session / CHP

\$10, No early bird or senior discount

★ SPECIALS

NRA HOME FIREARM SAFETY COURSE

#17FG42 **Saturday, September 16, 11:30am-4:30pm**

This firearm safety course is for both the new and experienced firearm owner. We will cover the elements of gun safety, identification of different types of firearms and their functions, types of ammunition, and cleaning and storage of firearms. This is an all-around general home safety course. Certified Instructor-Robert Toms

12-Adult / 1 session / PRP, Yurt

\$65, No senior discount

MARYLAND QUALIFIED HANDGUN LICENSE

#17FG43 **Saturday, October 14, 10am-2pm**

A required course for any adult Maryland resident wishing to purchase and or transport a firearm within the state. A fingerprint application is required at an additional fee due at class (call R&P for further details) Course fee includes a one-day pass to the Hap Baker Firearms Facility in Westminster. Certified Instructor-Robert Toms

Adult / 1 session / BBNC

\$150, No senior discount

REFUSE TO BE A VICTIM

#17FG44 **Saturday, October 21, 12-4pm**

A 4-hour NRA certificate crime prevention seminar which provides practical information geared toward awareness and avoidance of criminal attack. Participants will better understand criminal thinking and will be provided tips on maximizing home, automobile, telephone, technological and personal security. Some areas discussed are home security, parents and children personal security, personal protection devices, automobile security, workplace safety, technological security, travel security, and senior citizens and persons with physical disabilities. Certified Instructor-Robert Toms

14-Adult / 1 session / BBNC

\$50, No senior discount

ADULT & PEDIATRIC FIRST AID/CPR/AED

#17FG45 **Friday & Sunday, October 27 & 29, 6:30-9:30pm**

In this 6-hour course, learn to recognize and respond appropriately to cardiac and breathing emergencies and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses; head, neck and back injuries; as well as heat and cold emergencies. After successful completion, participants will receive a 2-year American Red Cross certification. Instructor-Loren Lustig

16-Adult / 2 sessions / BBNC

\$70, No senior discount

BASIC PISTOL TRAINING

Saturday, 10am-4pm

#17FG46 **November 4 @ PRP**

#17FG47 **November 18 @ BBNC**

For both new shooters and those who wish to be more proficient in the shooting sports. Class will cover safety aspects, cleaning, storage and shooting. For the shooting portion of this program, we will use the new Sirt Lazer Training Pistol. Seating is very limited. Course fee includes a handbook. Your completion of this program includes a one-day pass to the Hap Baker Firearms Facility in Westminster. Certified Instructor-Robert Toms

Adult / 1 session /

locations listed above

\$85, No senior discount

