



ADULT (16 & UP) FITNESS & FUN

Drop-in pricing
\$5.00 /class

~ Aerobics ~ Yoga ~ Zumba ~ Zumba Gold ~ WERQ ~
Hip Hop Dance Fitness

www.ofrcdance.com

Chairperson: Fran Burkhead, 410-661-1898

Register by mail: Include the form on back and payment made out to OFRC. Mail early .

Aerobic Action Workout

Rhythmic aerobic exercise to improve flexibility, muscular strength, and cardio-vascular fitness; mix it up for a healthy cardio workout!

Bring your own weights & mat

Evening Aerobics: Fullerton Elementary School Cafetorium

4400 Fullerton Ave - 21236 ****NOTE SCHEDULE CHANGE ****

Sept 25 - Dec 4, 2017
11 classes

Mondays

6:30 pm – 7:30 pm

Cost: \$30 - 1 class per week - Aerobics Only

Morning Aerobics: Fullerton Community Center

7209 Belair Rd - 21206

Sept 25 - Dec 4, 2016
21 classes

Mondays & Wednesdays

9 am – 10 am

Cost: \$40 – 2 classes per week - Aerobics Only



Yoga

*Yoga blends balance, strength, flexibility,
& power for individuals
at any level of fitness*

Bring your own mat

Fullerton Elementary School Cafetorium

4400 Fullerton Ave - 21236

No Class: 10/31

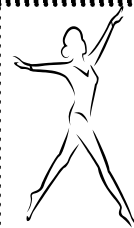
Sept 25 - Dec 4, 2017
11 classes

Mondays 7:45 pm – 8:30 pm
Intermediate

Sept 26 - Dec 5, 2017

Tuesdays 6:30 pm - 7:15 pm
Beginner

Cost: \$50 - 1 Yoga Class Per Week



Adult Jazz & Tap Elmwood Elem

Thursday Evenings
7:30 - 8:30 pm
Cost: \$175

Sept 28 - May 17, 2018

No Classes: 11/23, 12/28, &
3/29/18

Zumba & Zumba Gold

Latin Inspired Cardio Workout!
Both Classes at Fullerton Elem Cafetorium
 4400 Fullerton Ave - 21236

Zumba Gold

Wednesday Eve
 Sept 27 - Dec 6, 2017
 6:30 pm - 7:15 pm
Cost: \$40
No Class: 11/22

Zumba

Thursday Eve
 Sept 28 - Dec 7
 7:45 pm - 8:30 pm
Cost: \$40
No Class: 11/23

~ NEW ~ WERQ ~

A cardio dance fitness class to current music

Fullerton Elementary Cafetorium

4400 Fullerton Ave - 21236

No Class: 11/23

Sept 28- Dec 7, 2017 Thursdays 6:30 – 7:30 pm
Cost : \$30 ~ WERQ ONLY

Hip Hop/Dance Fitness (16 & Up)

Bring out your sexy side mentally & physically! Wear heels, or shoes you are comfortable in.

Fullerton Elem Cafetorium

4400 Fullerton Ave - 21236

No Class: 11/22

Wednesday Evenings

Sept 27 - Dec 6, 2017 7:30 pm - 8:30 pm
Cost: \$30

MAIL IN REGISTRATION FORM - NO CHILDREN PLEASE!!!!

Please check off the programs for which you are registering

- | | | |
|--|--|---|
| <input type="checkbox"/> Adult Tap & Jazz
PM | <input type="checkbox"/> Zumba Gold Wed PM | <input type="checkbox"/> WERQ Thurs PM |
| <input type="checkbox"/> Aerobic Action
Monday PM | <input type="checkbox"/> Hip Hop/Dance Fitness
Thurs PM | <input type="checkbox"/> Zumba Thursday PM |
| <input type="checkbox"/> Yoga Tuesday PM | <input type="checkbox"/> Aerobic Action AM
Monday &
Wednesday | <input type="checkbox"/> Yoga Monday PM |

Name: _____ Date: _____

Address: _____ Zip code: _____

Email Address: _____ Phone #: _____

Class Day/s Requesting: _____

Amount Paid: \$ _____ Cash Check # _____

***NO REFUNDS - All returned checks will be assessed a \$35 cost payable to OFRC**
(cash, money order or certified check)

MAIL REGISTRATION TO:

Fran Burkhead
 26 McCormick Ave.
 Baltimore, MD 21206

Weather Cancellations: If schools are closed due to inclement weather all recreation programs are cancelled. If there is a snow emergency plan in effect after school hours all recreation programs are cancelled. Please listen to WBAL 1090 AM. Weather line phone number is 410-665-OFRC.

Should you require special accommodations (i.e. sign language interpreter, large print, etc.) please give as much notice as possible by calling the Recreation Office at 410-887-5307 or the Therapeutic Office at 410-887-5370 (voice) or 410-887-5319 (TT/Deaf).



DEPARTMENT OF
RECREATION AND PARKS