



Overlea Fullerton Recreation Council

# ADULT (16 & UP) FITNESS & FUN

Drop-in pricing  
\$6.00 /class  
\$8.00/Yoga Class

~ Aerobics ~ Fusion Yoga ~ Zumba ~ Zumba Gold ~  
WERQ ~

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\*\***

Oct 7 - Dec 9, 2019

Mondays

6:45 pm – 7:45 pm

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

### Morning Aerobics: Fullerton Community Center

7209 Belair Rd - 21206

**No Class: 10/9/19**

Oct 2 - Dec 11, 2019

Mondays & Wednesdays

9 am – 10 am

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



## Fusion Yoga

*Fusion Yoga blends weight training, strength, flexibility, & cardio for Individuals at any level of fitness*

Bring your own mat

### Fullerton Elementary School Cafetorium

4400 Fullerton Ave - 21236

Oct 8 - Dec 10, 2019

Tuesdays 6:30 pm - 7:15 pm

**Cost: \$50 - 1 Yoga Class Per Week**



## Adult Jazz & Tap Elmwood Elem

Thursday Evenings

7:30 - 8:30 pm

**Cost: \$175**

Oct 3 - May 14, 2020

No Classes: 10/31, 11/28,  
12/26, & 4/9/20

# Zumba & Zumba Gold

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

## Zumba Gold

### Wednesday Evening

October 2 - Dec 18, 2019

6:30 pm - 7:15 pm

Cost: \$40

No Class: 10/9 & 11/27

## Zumba

### Thursday Evening

October 3 - Dec 19, 2019

6:30 pm - 7:15 pm

Cost: \$40

No Class: 10/31 & 11/28

## ~ WERQ ~

*A cardio dance fitness workout to the hottest pop, rock, & hip hop music!*

### Fullerton Elementary Activity Room

4400 Fullerton Ave - 21236

#### **\*\*NOTE SCHEDULE CHANGE\*\***

October 8 - Dec 10, 2019

Thursdays 6 pm – 6:45 pm

Cost : \$30 ~ WERQ ONLY

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

*Please check off the programs for which you are registering*

Adult Tap & Jazz  
PM

Zumba Gold Wed PM

WERQ Tues PM

Aerobic Action  
Monday PM

Aerobic Action AM  
Monday &  
Wednesday

Zumba Thursday PM

Fusion Yoga  
Tuesday 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

**Baltimore County Department of Recreation & Parks**