



Overlea Fullerton Recreation Council

ADULT (16 & UP) FITNESS & FUN

Drop-in pricing
\$5.00 / class
\$6.00 /Yoga class

~ Aerobics ~ 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 ****

No Class: 5/28

April 9 - June 11, 2018

Mondays

6:30 pm – 7:30 pm

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

Morning Aerobics: Fullerton Community Center

7209 Belair Rd - 21206

No Class: 5/28

April 9 - June 13, 2018

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: 5/28

April 9 - June 11, 2018

Mondays 7:45 pm – 8:30 pm
Intermediate

April 10 - June 12, 2018

Tuesdays 6:30 pm - 7:15 pm
Beginner

Cost: \$50 - 1 Yoga Class Per Week



Adult Jazz & Tap

Thursday Evenings
7:30 - 8:30 pm

Cost: \$175

**New Season Begins
September 2018**

Zumba & Zumba Gold (lower intensity)

Latin Inspired Cardio Workout!

ZUMBA GOLD

ZUMBA

Fullerton Elem Cafetorium

4400 Fullerton Ave - 21236

Wednesday Evenings

April 11 - June 13, 2018

6:30 pm - 7:15 pm

Cost: \$40

Fullerton Elem Cafetorium

4400 Fullerton Ave - 21236

Thursday Evenings

April 12 - June 14, 2018

7:45 pm - 8:30 pm

Cost: \$40



~ WERQ ~

A cardio dance fitness class to current pop, rock, hip hop music

Fullerton Elementary School Cafetorium

4400 Fullerton Ave - 21236

April 12 - June 14, 2018 Thursdays 6:30 - 7:30 pm

Cost : \$30 ~ WERQ ONLY

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

Please check off the programs for which you are registering

Aerobic Action
Monday PM

Zumba Gold Wed PM

WERQ Thurs PM

Beg. Yoga Tuesday
PM

Aerobic Action AM
Monday &
Wednesday

Zumba Thursday PM

Int. 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