



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: 1/15 & 2/19

Jan 8 - March 26, 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: 1/15 & 2/19

Jan 8 - March 21, 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: 1/15 & 2/19

Jan 8 - March 26, 2018

Mondays 7:45 pm – 8:30 pm
Intermediate

Jan 9 - March 13, 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

Jan 10 - March 14, 2018

6:30 pm - 7:15 pm

Cost: \$40

Fullerton Elem Cafetorium

4400 Fullerton Ave - 21236

Thursday Evenings

Jan 11 - March 15, 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

Jan 11 - March 15, 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

Adult Tap & Jazz
PM

Zumba Gold Wed PM

WERQ Thurs PM

Aerobic Action
Monday PM

Aerobic Action AM
Monday &
Wednesday

Zumba Thursday PM

Beg. Yoga Tuesday
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