



2023 Spring Session – Class Schedule

April 11 – June 20 (skip June 6)

(Tuesdays - 7-8pm in the auditorium)

STRENGTH TRAINING with Joanie

April 11, May 2, and May 23

Strength training is an important part of an overall fitness program. It helps you develop strong bones, manage your weight, and improve your ability to do everyday activities. The American Heart Association recommends two strength-training sessions, per week. We will show you practical ways to exercise at home with no equipment and how to build an effective workout plan.

YOGA with Maggie

April 18, May 16, and May 30

Our faith-based yoga class is designed to provide the physical, mental and spiritual benefits of yoga in a Christian environment. It offers physical and mental health benefits for people of all ages and helps balance the mind and body through exercise, meditation, and control of breathing and emotions.

CARDIO with Ashley

April 25, May 9, and June 13

Aerobic exercise, or cardio, improves many aspects of health, including heart health, mental health, mood, sleep, weight regulation and metabolism. We will move our body, heart, and spirit through dance, drumming and other effective and fun exercises.

End of Spring Session Party

June 20

Invite a friend and join us for a fun, fitness, and good times and help us end the Spring session with a Bang!

Text FITNESS to 301-900-2920 so that we may add you to our distribution list. We will send out our updates for the current session and details on future sessions through text.

Updated 5/4/2023