

FITNESS

INTRODUCTION TO PILATES MAT – NEW

This class will introduce you to the foundation of Pilates mat work ~ floorwork ~ as well as the Classical language. You will look to your own body to create resistance – an amazing way to connect with and strengthen your core. This class challenges your stamina and strength as you flow through the exercises while deepening your body awareness with each movement to improve your flexibility and stability – a great total body workout! Open to all fitness levels. Please bring your own mat. For more information contact Joy at 757.641.9899/joy@joyofpilatesstudio.com

CODE: 440215A
Age: 18 and up
Dates: 7/12- 8/30 ; 8 weeks
Day: Mondays
Time: 6:00- 6:50pm
Location: Hollywood Recreation Center [Map/Directions](#)
Fee: \$80.00



TAKE CONTROL WITH EXERCISE

One in four people in Maryland have some form of arthritis and one in two will develop some form of arthritis in their lifetime. The aches and pains of aging, and sitting at a desk all day don't have to get the best of you when you take control with exercise. The **Arthritis Foundation Exercise Program** uses a group of 72 exercises (designed to be a safe and gentle for people with arthritis) that provide an effective workout for people of any age and activity level to improve flexibility, strengthen key core muscles, and boost stamina. Each class starts with a 30 minute program that consists of gentle exercises that improve range of motion, muscle strength, posture, and endurance, help boost your energy level and make you feel better. Class ends with an optional 10 minutes of relaxation/breathing exercises to relieve stress so you can return to your day feeling relaxed and refreshed. The program requires no equipment other than your own body. Comfortable work clothes that allow you to move freely are fine—short or narrow skirts aren't recommended and you won't need to change or shower at the end of class.

CODE: 420109A
Age: 18 and up
Date: On going; MUST register prior to first class attending
Day: Mondays and Wednesdays
Time: 12:10 – 12:50pm
Fee: FREE
Location: Leonard Hall Recreation Center, Wellness Room [Map/Directions](#)



JUMPBUNCH

JumpBunch is an age appropriate sports and fitness program. The program introduces sports and fitness to children in a safe and noncompetitive environment. Teaching will consist of constant praise and encouragement enabling the children to build self confidence and develop healthy habits as well as a positive attitude. The students are guided through all phases of preschool physical development: eye/hand coordination, fine and gross motor skills and balance. There will be a different activity each week covering sports, sports readiness skills, fitness activities and working together. Each 8 week session will consist of different seasonal sports and activities with over 70 activities throughout the year. Awards are given at the end of each 8 week session. Special awards are given after completing every four sessions. All equipment will be provided. Check this program out; JumpBunch is a lot of fun!!! Please direct questions regarding program to 301-737-4700 or email: southernmd@jumpbunch.com Instructor: Regina McKenna, AFPA Certified Children's Fitness Specialist. **\$56 all sections.**

CODE: 440110A
Age: 2 – 5 years
Date: 6/23- 8/11
Day: Wednesdays
Time: 5:30 - 6:15 pm
Location: Evergreen Elementary School Gym

CODE: 440110B
Age: 2 – 5 years
Date: 6/23- 8/11
Day: Wednesdays
Time: 6:30 - 7:15 pm
Location: Evergreen Elementary School Gym



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CODE: 440110C

Age: 2 – 5 years
 Date: 6/24 – 8/12
 Day: Thursdays
 Time: 10:15 - 11:00 am
 Location: Leonard Hall Rec Cntr,
 Wellness Rm [Map/Directions](#)

CODE: 440110 D

Age: 2 – 5 years
 Date: 7/2- 8/20
 Day: Fridays
 Time: 10:45 - 11:30 am
 Location: Leonard Hall Rec Cntr,
 Wellness Rm [Map/Directions](#)

JUMPBUNCH TOTS

JumpBunch is pleased to announce our enhanced curriculum for toddlers ages 16 months to 2 years. It's JumpBunch, only it is specially designed for the wee little ones! Age appropriate activities that help motor skills, balance, coordination, muscles and working together. Most of all, we have lots of fun! **\$56 both sections.**

CODE: 440111A

Age: 16 mo - 2 years
 Date: 6/24 – 8/12
 Day: Thursdays
 Time: 9:30 - 10:00 am
 Location: Leonard Hall Rec Cntr,
 Wellness Room [Map/Directions](#)

CODE: 440111B

Age: 16 mo - 2 years
 Date: 7/2- 8/20
 Day: Fridays
 Time: 10:00 -10:30 am
 Location: Leonard Hall Rec Cntr,
 Wellness Room [Map/Directions](#)

DROP IN VOLLEYBALL – RETURNING THIS FALL

This is a non-competitive, recreational program.

Ages: 18 & up

JR. JAZZERCISE - RETURNING THIS FALL

This fun and upbeat after school program is a great activity to get your child moving! Certified Jazzercise instructor Pam Veitch has been teaching children in St. Mary's County for 18years.

Kids love her wigs, sunglasses and "fun style" as she invites them to dance on stage with her which is a super motivation to keep them moving. Lisa Burrows will also be teaching with Pam again this year. This one hour class is for ages 6 to 12 and is a non-competitive program. No dance experience is necessary. Music used is popular childrens songs from High School Musical, The Jonas Brothers, Hannah Montana and more. Attire is t-shirts, shorts and athletic shoes. Water bottles are also suggested.

Children report directly to the cafeteria/gym when the bell rings and have 15 minutes to change clothes and have a snack that parent's provide. Registration/release forms will be sent out through the school and will also be available at the first class. This session is five classes held once a week. Parents must be able to pick up their child promptly at designated ending time. Fee: \$30.00