

# Step Aerobics Class – Winter, 2012

**Activity Center at Bohrer Park**  
506 South Frederick Avenue, Gaithersburg

**Lakelands Park Middle School**  
1200 Main Street, Gaithersburg (Lakelands)

Sponsored by the City of Gaithersburg Department of Parks, Recreation and Culture

## 5 good reasons to

### “STEP” INTO FITNESS:

- 1 Excellent program for toning the body and losing weight.
- 2 Fabulous abdominal segment in each class!
- 3 Beginners are ALWAYS welcome.
- 4 It's fun being part of *this* group.
- 5 Convenient locations.



Step Aerobics is a low-impact, high intensity class which will strengthen, tone and improve your cardiovascular fitness. Routines are EASY TO FOLLOW and are choreographed to upbeat, energetic music. **Beginners are always encouraged to join.** Steps are available for students to use at the Bohrer Park location only however if you have your own you are encouraged to bring it. If you are interested in the Lakelands Park M.S. location and do not have your own Step please make arrangements in advance by calling Nancy at (301) 990-1846. A mat or towel is needed for floor work and hand weights (up to 6 lbs.) are optional. The class begins with a warm up followed by strength training with hand weights. Floor work and cardiovascular portions follow. The class ends with a cool down, recovery heart rate check and light stretching.

**January 18 – March 21**

No class Monday, February 20 (Presidents Day)

## Mondays and Wednesdays

Bohrer Park: 5:30 – 6:30pm

Lakelands Park Middle School: 7:15 – 8:15pm

**18 classes: \*\$104.00**

**\*(Non-residents of the City of Gaithersburg Add \$7.00)**

\*Senior citizens (55 or older) who are residents of the City of Gaithersburg qualify for a discount on enrollment.

The Senior Discount fee is \$35.00 for the entire session.



To register or for more information [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) or call the Department of Parks, Recreation and Culture at (301) 258-6350.