



Cardio and Core



Spring, 2024 - Class description:

This class combines simple, easy to follow fat-burning cardiovascular moves with specific moves to challenge and strengthen the Core (front, back and sides). You will work hard and definitely see and feel the results. Plus, we have a lot of fun! The class concludes with a relaxing 5-minute stretch / cool down. Please bring a mat and handweights. For information email Nancy at info@wetyetwaterfitness.com.

Classes are held at the Bohrer Park Activity Ctr

506 S Frederick Ave, Gaithersburg

Mon/Wed's (class #16163) **4/15 – 5/29** No class May 27

\$112.00 – Resident, \$119.00 – Non-resident, *\$91.00 – resident Senior

Mondays (class #16164) **4/15 – 5/20** No class May 27

\$48.00 – Resident, \$55.00 – Non-resident, *\$39.00 – resident Senior

Wednesdays (class #16165) **4/17 – 5/29**

\$56.00 – Resident, \$63.00 – Non-resident, *\$46.00 – resident Senior

6:15 – 7:00pm

To register please click on link below:

https://apm.activecommunities.com/gaithersburgmd/Activity_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities



Gaithersburg

A CHARACTER COUNTS! CITY

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

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