

★ ★ *Cardio and Core*



WINTER, 2025 - 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 #17279) **1/6 – 3/31** **23 classes. No classes Jan 20 and Feb 17**
\$208.00 – Resident, \$228.00 – Non-resident, *\$169.00 – resident Senior

Mondays (class #17280) **1/6 – 3/31** **11 classes. No classes Jan 20 and Feb 17**
\$88.00 – Resident, \$95.00 – Non-resident, *\$72.00 – resident Senior

Wednesdays (class #17281) **1/8 – 3/26** **12 classes. No skip dates**
\$96.00 – Resident, \$103.00 – Non-resident, *\$78.00 – 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.