

# ***Cardio and Core***



## **SUMMER, 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](mailto:info@wetyetwaterfitness.com).

## **Classes are held at the Bohrer Park Activity Ctr**

506 S Frederick Ave, Gaithersburg

### **Mon/Wed's** (class #18119) **6/30 – 8/13**

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

### **Mondays** (class #18120) **6/30 – 8/11**

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

### **Wednesdays** (class #18149) **7/2 – 8/13**

**\$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](https://apm.activecommunities.com/gaithersburgmd/Activity_Search?txtActivitySearch=core&applyFiltersDefaultValue=true&cat=Activities)



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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.