

**GLENN DALE COMMUNITY CENTER**  
11901 GLENN DALE BLVD., GLENN DALE 20769  
301-352-8983; [GlennDaleCC@pgparks.com](mailto:GlennDaleCC@pgparks.com)

## Hi/Low Impact

# AEROBICS

**FOR BEGINNERS**

**Wednesdays**

**10:00 am - 11:00 am**

**AGES 18 & OVER**

**\$35 RESIDENT; \$46 NON RESIDENT**

Get your blood pumpin' and heart thumpin'!  
This energetic exercise class will rev up your mood  
and muscles as you progress your way to great  
overall fitness. Strengthen your heart and lungs. Burn  
calories and have fun with others moving to great  
music.

**Activity Code**

**Dates**

**#17401-127A**

**1/7/26 - 2/11/26**

**DROP IN \$5**

**Connect with us!**

**@pgparks**



- The Department of Parks and Recreation encourages and supports the participation of individuals with disabilities. Register a minimum of two weeks prior to the program start date to request and receive a disability modification.
- Customers who are deaf, hard of hearing, or have a speech disability, call Maryland Relay 7-1-1.
- Language interpretation is available at all facility front desks. Please ask for assistance.