

GLENN DALE COMMUNITY CENTER
11901 GLENN DALE BLVD., GLENN DALE 20769
301-352-8983; GlennDaleCC@pgparks.com

Aerobic MIXED AGES

BENCH STEP

MONDAYS & WEDNESDAYS

6:15 pm - 7:15 pm

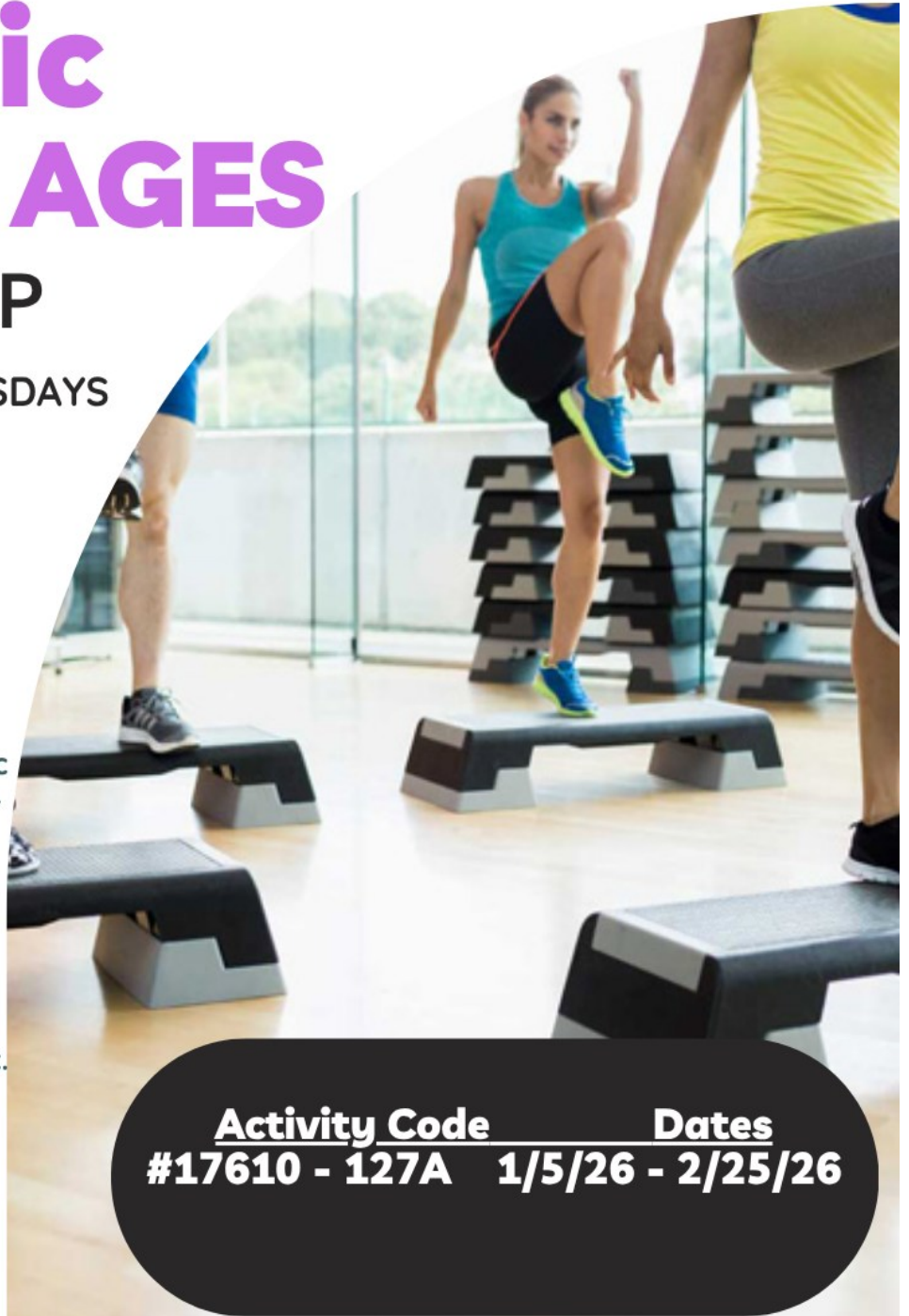
Ages 18 & over

Cost \$70 Resident

\$91 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.

\$5 DROP IN



<u>Activity Code</u>	<u>Dates</u>
#17610 - 127A	1/5/26 - 2/25/26

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- 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.