

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

FITNESS: **THE VIXEN** **WORKOUT**

Fridays 6 pm - 7 pm

Ages 18 & Over

\$36 Resident

\$47 Non-Resident

Bring out your inner vixen! Relieve stress and feel inspired as you let loose to the tune of popular songs. Tone your physique, strengthen your core, and condition your way to the dancer's body of your dreams! All genders and dance levels are encouraged to participate.

<u>Activity Code</u>	<u>Dates</u>
#17479 - 127A	1/9/26 - 2/13/26



**\$6
Drop
In**

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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.