



SENIOR HEALTH & FITNESS DAY

Wellness for Every Dimension



**WEDNESDAY,
APRIL 8, 2026
9 AM-1 PM**

Prince George's Sports & Learning Complex

8001 Sheriff Road, Landover 20785

Explore the seven dimensions of wellness—physical, emotional, social, intellectual, spiritual, environmental, and occupational—while having FUN.

FEATURING

- *Zumba Gold*
- *Line Dancing*
- *Chair Yoga*
- *Strength & Stretch*
- *Cardio Drumming*
- *Cycling Class*
- *Track Walk / Step Challenge*
- *Health Screenings and Vendor Fair*
- *Massage and Relaxation Area*
- *Tai Chi for Balance*
- *Healthy Cooking Demonstration*

FREE for Prince George's County Residents 60 & Better!

TO REGISTER

go to pgparksdirect.com
and enter ticket code:
SPLEX-SPEC-GA-20260408.

For more information contact
Seniors@pgparks.com or call
301-446-3400.



Healthy snack provided by the Department of Family Services while supplies last!

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.