

- **Adult Fitness Class**
 - **Adult Group Fitness Class designed to develop and improve muscular strength, cardio endurance, balance, flexibility, coordination, and more through a variety of exercise formats.**
 - **Location: North Carroll Senior & Community Center – Large Group Activity Room (2328 Hanover Pike, Hampstead)**
 - **Eligible Ages: 18+**
 - **Mondays and Thursdays 5pm – 6pm - Registration Fee - \$60**
 - **Saturdays 9am – 10am - Registration Fee - \$30**
 - **Tentative Start Date: Monday, March 20th**
 - **Notes: Please bring a yoga mat (we do have a few available to loan if you are unable)**
 - **For more information or questions please email karalee@foreveryoung.fit**