

**Adult Dance and Fitness Classes  
at Kinetics Dance Theatre  
Howard County Recreation and Parks  
Please contact HCRP at 410-313-PARK to register for  
the following classes:**

**Fall 2010**

**Barre Core Fitness**

Monday, 9:45-10:45 am

Monday, 6:15-7:15 pm

Wednesday, 9:45-10:45 am

**Yogalates (Yoga/Pilates)**

Tuesday, 8:30-9:30 pm

**Beginning Belly Dance I**

Wednesday, 7:30-8:30 pm

**Hatha Yoga 1**

Thursday, 9:45 – 11:00 am

Thursday, 8:30 – 9:30 pm

**Dance Fitness to the Oldies**

Friday, 9:30-10:30 am