

**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:**

Winter 2010

Barre Core Fitness

Monday, 9:45-10:45 am

Monday, 6:30-7:30 pm

Wednesday, 9:45-10:45 am

Yogalates (Yoga/Pilates)

Tuesday, 8:00-9:00 pm

Rockin' Dance Fitness and Powerful Abs

Thursday, 5:30-6:45pm

Beginning Belly Dance I

Wednesday, 7:30-8:30 pm

**Dancing from the Core
(Beginning Adult Modern Dance)**

Wednesday, 8:15-9:15

Hatha Yoga 1

Tuesday, 9:45 – 11:00 am

Thursday, 8:30 – 9:30 pm

Dance Fitness to the Oldies

Friday, 9:30-10:30 am