



Catherine E. Pugh
Mayor



Mary H. Talley
Director & Chief
Human Capital Officer

Group Exercise Schedule Exclusively for City of Baltimore Employees

Tuesdays	Wednesdays	Thursdays	Thursday Afternoons
Tighten & Tone Express	YOGA	Zumba	Cardio Kick Boxing
This 30 minute class for the time crunched will give you just what you need to tighten and tone the trouble zones.	Get your Zen on. This 45 minute class will leave you feeling refreshed, rebalanced and ready to conquer the rest of your day.	A 45 minute dance fitness workout with a variety of upbeat tempo music that will keep you feeling alive.	Kick, Punch, Jab , Uppercut! Work up a good sweat and treat yourself to a total body workout. This energy fueled class will surely get you into shape in no time.
12:00pm -12:30pm & 12:45pm – 1:15pm	12:15pm – 1:00pm	12:15pm – 1:00pm	4:00pm - 4:45pm followed by Abs 4:45pm - 5:00pm

All Classes will take place at 400 E. Lexington Street. Zion Church; 2nd floor. Please register by going to cityofbaltimorewellness.com

All fitness levels are welcome, please join us!