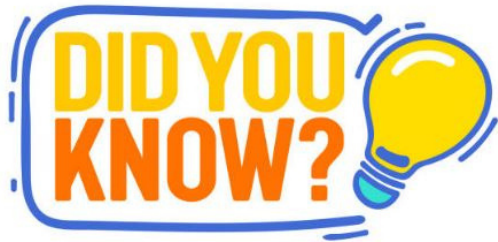


GET FIT!

410-358-6856
myerberg.org
3101 Fallstaff Road
Baltimore, MD 21209



FITNESS CENTER

We have a state-of-the-art Fitness Center onsite at 3101 Fallstaff Road

Hours for the Fitness Center:
Monday through Thursday 8:00 a.m. to 4:00 p.m.
Friday 8:00 a.m. to 1:00 p.m.
Sunday 9:00 a.m. to 12:00 p.m.

We also have a FREE trial for 30 days at the Fitness Center to new members.
Call 410-358-6856 or stop in to register!



MYERBERG VIRTUAL FITNESS CLASSES

WINTER
2025

Updated 10.23.24


MYERBERG
EDWARD A. MYERBERG CENTER
A Program of CHAI

Stop by front desk or call 410-358-6856 to register.
Class sizes are limited.

VIRTUAL FITNESS

No classes 10/3, 10/4, 10/17, 10/18, 10/24, 10/25, 11/28, 11/29

Basic Cardio Fit with Howard Silverstein

Basic - Mondays 9:15 a.m., Wednesdays 10:30 a.m., Fridays 11:00 a.m.

Advanced - Thursdays 9:15 a.m.; January 3 through May 2, no class 4/14

Basic - This moderate, upbeat aerobics class will help improve your cardiac fitness, flexibility, balance, coordination, circulation and even your memory!

Advanced - This class has the same great music, just a little faster, steps a little more challenging and weights a little heavier.

Aerobic exercise promotes blood flow to working muscles and improves cardiovascular health as it allows the body to strengthen the heart. You can expect this cardio exercise class to help manage body weight more effectively. Regular physical activity will lead to fall prevention, muscle strength, and health benefits. The fitness level, age, and experience of older adults determine the appropriate intensity level and exercise choice.

Balance, Stretch & Mobility with Lauren Medovoy

Tuesdays 9:00 a.m. to 9:45 a.m.

January 7 through April 29

Join this fabulous new instructor (to the Myerberg) for a gentle 45-min class to improve flexibility and increase longevity. Lauren is a NASM Certified Personal Trainer, Certified Nutrition Coach, GGS Certified Women's Coaching Specialist, and was a licensed Zumba instructor for 8 years. Her clients come from all different backgrounds and are at varying levels of fitness.

Better Bones with David Curtis

Tuesdays 9:45 a.m. to 10:30 a.m.

January 7 through April 29

Better Bones focuses on building stronger and healthier bones through strength and resistance exercises and minimizing injury due to poor body mechanics. This program is designed to help members inside and outside of fitness by working on balance and good postural habits.

Active Stretching with David Curtis

Wednesdays 8:15 a.m. to 8:45 a.m.

January 8 through April 30

This class uses body weight and free weights to create "loaded" stretching on the body that will help improve flexibility, mobility, and core strength. Movements are done seated as well as standing and can be suitable for most fitness levels.

INCLUDED WITH GOLD AND SILVER SUBSCRIPTIONS

Circuit Training with David Curtis

Thursdays 9:00 a.m. - 9:30 a.m.

January 2 through May 1

This fun, challenging (and quick) sessions involves moving through a course of several resistance exercises. Compared to resistance or cardiovascular exercise alone, circuit training provides a particularly efficient total-body workout.

Better Balance with David Curtis

Thursdays 12:00 p.m. - 1:00 p.m.

January 2 through May 1

Join David for a quick training session where you will improve your strength, coordination and balance. Life without trips and tumbles requires strength, stability, and coordination. This class delivers on all fronts. A balanced body is a healthy body. Yes, our chances of falling do go up as you get older, but trips and tumbles are not inevitable. Your best line of defense is balance training.

Balance, Stretch & Mobility with Lauren Medovoy

Fridays 9:00 a.m. to 9:45 a.m.

January 3 through May 2

Join this fabulous new instructor (to the Myerberg) for a gentle 45-min class to improve flexibility and increase longevity. Lauren is a NASM Certified Personal Trainer, Certified Nutrition Coach, GGS Certified Women's Coaching Specialist, and was a licensed Zumba instructor for 8 years. Her clients come from all different backgrounds and are at varying levels of fitness.

Senior Strong with David Curtis

Fridays 11:00 a.m. to 11:30 a.m.

January 3 through May 2

The class is devoted to weight-bearing exercises that build muscle. It's great for those with arthritis and osteoporosis, or those who just want to get stronger. Fridays are offered Hybrid.

