

FREE* Onsite Fitness Classes

*for members

Cardio Drumming with Ilysa Cohen
Thursdays, 2:00 - 3:00 p.m. September 4
through December 18
No class 10/2 or 11/27

Brings together drumsticks, an exercise ball and a stand to create one of the most fun workouts you'll ever do. Using the ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a workout you won't want to stop! Limited spots.



Myerberg Walking Club with Ilysa Cohen
Wednesdays, 1:00 - 2:00 p.m. September 3 through October 29
No class 9/24, 10/1, 10/8, 10/15

We will start with a warm up and end with light stretching. Great way to get your body moving and connect with some old and new friends. Weather permitting.

Meaningful Movement with Joyce Wolpert
Tuesdays, 10:00 - 11:00 a.m. starting October 21

A familiarity with movement, a working range of motion and an openness to the body-mind connection is the basis for this therapeutic experience. Additional repertoire will be taught and a safe non-judgmental atmosphere is assured.

Fitness Center "Exer-bitions" (Exercise exhibitions) with David Curtis
Wednesdays, 9/10, 10/1, 11/12, 12/10; 10:00 - 10:30 a.m.

Ever wonder what to do with a certain piece of equipment in the fitness center? Want to learn how to use something different than what you are used to? How about some new exercises to help improve your strength or flexibility? Stop by and learn something new.

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



MYERBERG ONSITE FITNESS CLASSES

FALL
2025

Updated 6-24-25



MYERBERG
EDWARD A. MYERBERG CENTER
A Program of CHAI

ONSITE FITNESS

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

GET FIT!

NEW: BARRE & Resistance Bands Class with Ilysa Cohen

Wednesdays 2:00 to 2:45 p.m.

September 3 through December 17, no class 9/24, 10/8, 10/15

Barre is perfect for our older adults. The small range of motion exercises that barre is known for also helps those who have limited range of movement, along with easily adaptable modifications. Because an actual ballet barre is used, it allows for a greater sense of stability. As we age, our balance is often compromised, causing falls. Some barre exercises are done standing on one leg, which allows balance skills to be tested and strengthened, improving one's stability. Cognitive skills are also engaged throughout class with varying exercises, directions and intentions.

Session #1 - 9/3 - 11/5; GOLD \$70, MEMBER \$85

Session #2 - 11/12 - 12/17; GOLD \$60, MEMBER \$75

Boxing for Balance with Innie Neun

Mondays 2:30 to 3:15 p.m.

September 8 through December 15, no class 9/22, 10/6, 10/13

Learn the fundamentals of boxing that will improve balance, core strength and cardio endurance. Gloves are optional. Wear fitness attire, comfortable clothes & sneakers.

Session #1 - 9/8 - 11/3; GOLD \$60, MEMBER \$70

Session #2 - 11/10 - 12/15; GOLD \$60, MEMBER \$70

Cardio Fit (Basic & Advanced) with Howard Silverstein

Basic (M 10:30, F 9:45), Advanced (W 9:15)

September 3 through December 19; No class 9/24, 10/8, 10/15, 11/28

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

Advanced - same great music as Basic, just a little faster, steps a little more challenging and weights a little heavier.

PACKAGE 1 is one time per week (16 sessions)

GOLD \$120, Member \$145

PACKAGE 2 is two times per week (32 sessions)

GOLD \$215, Member \$245

Circuit Training with David Curtis

Tuesdays, 9:00 a.m. to 9:30 a.m.

September 2 through December 16; no class 9/23, 9/30, 10/7, 10/14, 11/25

Circuit training is when you combine and alternate between exercises to target different muscle groups. The combination of these exercises is carried out within short rest periods in between different reps. David takes you through each exercise to ensure that you perform the movement correctly. Join us for this fun and fast workout.

Session #1 - 9/2 - 10/28; GOLD \$45, MEMBER \$50

Session #2 - 11/4 - 12/16; GOLD \$50, MEMBER \$60

Chair Yoga with Mary Mayhew

Tuesdays 11:15 a.m. to 12:15 p.m.

September 2 through December 23, no class 9/23, 10/7, 10/14

Looking for a safe and gentle, yet effective yoga practice? This is a class where you can enjoy all the benefits of traditional yoga while being comfortably supported by a chair. If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to try this class.

Session #1 - 9/2 - 11/4; GOLD \$75, MEMBER \$90

Session #2 - 11/11 - 12/23; GOLD \$75, MEMBER \$90

Senior Strong with David Curtis

Mondays 11:30 a.m. to 12:00 p.m. (11 sessions - HYBRID)

OR Wednesdays 11:30 a.m. to 12:00 p.m. (12 sessions - ONSITE ONLY)

OR Fridays 11:00 to 11:30 a.m. (14 sessions - HYBRID)

September 3 through December 19; no class 9/24, 9/26, 9/29, 10/6, 10/8, 10/13, 10/15, 11/24, 11/26, 11/28

Senior Strong focuses on weight-bearing exercises designed to build muscle, improve strength, and support bone health. It's ideal for individuals who are looking to enhance their overall fitness and resilience.

Mondays - 9/8 - 12/15; GOLD \$95, MEMBER \$110

Wednesdays - 9/3 - 12/17; GOLD \$105, MEMBER \$120

Fridays - 9/5 - 12/19; GOLD \$125, MEMBER \$140

NEW: Beginner Flow Yoga with Marcie Plotkin

Thursdays, 10:00 - 10:45 a.m. Sept. 4 - Dec. 11, no class 10/2, 11/27

Join us for gentle, guided movement to help improve balance, flexibility, body awareness, strength (yes, strength!), and peace of mind. This beginner class will include standing and mat movements and poses, and is great for any level of yogi!

Session #1 - 9/4 - 10/23; GOLD \$70, MEMBER \$85

Session #2 - 10/30 - 12/11; GOLD \$60, MEMBER \$75

Tai Chi with Ilysa Cohen

Mondays, 10:00 - 10:45 a.m. Sept. 8 through Dec. 15 OR

Thursdays, 12:00 - 12:45 p.m. Sept. 4 through Dec. 11; no class 10/2, 11/27

For seniors, the focused, low-impact movements can help clear the mind, just like meditation. Older adults can also experience many other benefits from this type of exercise, including increased strength, improved mobility and flexibility.

MONDAYS

Session #1 - 9/8 - 10/27; GOLD \$80, MEMBER \$95

Session #2 - 11/3 - 12/15; GOLD \$70, MEMBER \$85

OR THURSDAYS

Session #1 - 9/4 - 10/23; GOLD \$70, MEMBER \$85

Session #2 - 10/30 - 12/11; GOLD \$60, MEMBER \$75