

GET FIT!

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

DID YOU KNOW?



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.

We also have a FREE trial for 30 days at the Fitness Center to new members. Complete paperwork and have your doctor sign a release. Call 410-358-6856 or stop in to register!



MYERBERG VIRTUAL FITNESS CLASSES

SUMMER
2026

Updated 2.23.26


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

INCLUDED WITH GOLD AND SILVER SUBSCRIPTIONS

Cardio Fit with Howard Silverstein

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

May 4 through September 2; No class 5/25, 6/29, 7/1, 8/24, 8/26

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

Get Your Heart Pumping and Your Body Moving!

Join us for a fun, energizing cardio workout designed to boost your heart health, improve circulation, and strengthen your muscles—all while helping you manage your weight and feel your best. This class is tailored to meet you where you are, with exercises adapted for different fitness levels and experience. Regular aerobic activity not only builds strength but also enhances balance and coordination, helping to prevent falls and keep you active and independent. Come move with us and enjoy the many benefits of staying fit and healthy!

Strong Bones with David Curtis

Tuesdays 9:45 a.m. to 10:15 a.m.

May 5 through September 1, no class 6/23, 7/7

This is an educational class that focuses on building and maintaining healthy bones through targeted demonstrations designed to strengthen bone density and improve overall skeletal health. Participants will learn about the importance of weight-bearing activities, resistance training, and proper nutrition in supporting bone health.

Beginner Flow Yoga with Marcie Plotkin

Wednesdays 8:45 a.m. to 9:30 a.m.

May 6 through September 2

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!

Circuit Training with David Curtis

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

May 7 through September 3; no class 5/28, 6/25

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.

Stay Steady: Fall Prevention & Recovery with David Curtis

Thursdays 12:00 p.m. - 12:30 p.m.

May 7 through September 3, no class 5/28, 6/25

This educational class is designed for seniors to learn essential fall prevention techniques, improve balance, and discover how to recover safely after a fall. Participants will be taught practical strategies for staying steady on their feet, strengthening muscles, and preventing falls in everyday situations. (Optional) In addition, the class covers safe ways to react if a fall does occur, including how to get up properly and avoid injury. Led by a trained instructor, this class empowers seniors with the knowledge and confidence to maintain independence, improve mobility, and respond safely if a fall happens.

Senior Strong with David Curtis

Mondays 11:30 a.m. to 12:00 p.m.

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

May 4 through September 3,
no class 5/22, 5/25, 6/19, 6/26,
7/3

This class focuses on weight-bearing exercises designed to build muscle strength, improve bone density, and enhance overall stability. It's ideal for individuals with arthritis or osteoporosis, as well as anyone looking to increase strength and mobility.

