

# FREE\* Onsite Fitness Classes

\*for members

**Cardio Drumming with Ilysa Cohen**  
Thursdays, 2:00 - 3:00 p.m.  
May 7 through September 3, no class TBD

Cardio Drumming is a high-energy, full-body workout that combines drumsticks, an exercise ball, and a stand to create one of the most fun and motivating fitness experiences around. Using the ball and the floor as your drum, you'll follow rhythmic beats while incorporating easy-to-learn, dynamic movements that get your heart pumping and muscles working. Set to upbeat music, this class turns coordination, cardio, and strength training into an exciting workout that feels more like play than exercise. No drumming experience is needed—just bring your enthusiasm and be ready to move. Spots are limited, so be sure to reserve yours early!



**Myerberg Walking Club with Ilysa Cohen**  
Wednesdays, 1:00 - 2:00 p.m.

Join us for our Walking Club, a fun and supportive way to stay active and social. Each session will begin with a gentle warm-up to prepare your body for movement, followed by a group walk at a comfortable pace. We will wrap up with light stretching to help you cool down and relax. This is a great opportunity to get your body moving, enjoy the outdoors, and connect with both familiar faces and new friends. Walks will take place weather permitting. Please CALL US to express your interest and reserve your spot. A minimum of 4 attendees is required for the group to meet.

**Fitness Center "Exer-bitions" (Exercise exhibitions) with David Curtis**  
Wednesdays, 5/13, 6/10, 7/8, 8/12; 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

SUMMER  
2026

  
**MYERBERG**

**EDWARD A. MYERBERG CENTER**

*A Program of CHAI*

Updated 2-24-26

# ONSITE FITNESS

Gold pricing is for those who have virtual GOLD subscription

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

## GET FIT!

### BARRE & Resistance Bands Class with Ilysa Cohen

Wednesdays 2:15 to 3:00 p.m.

May 6 through September 2, no class TBD

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 - 5/6 - 6/24; GOLD \$70, MEMBER \$85

Session #2 - 7/1 - 9/2; GOLD \$90, MEMBER \$105

### Cardio Fit (Basic & Advanced) with Howard Silverstein & Marcie Plotkin

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

May 4 through September 4; No class 5/22, 5/25, 6/19, 6/29, 7/1, 7/3, 8/24

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 (17 sessions)

GOLD \$125, Member \$150

PACKAGE 2 is two times per week (34 sessions)

GOLD \$220, Member \$250

### Circuit Training with David Curtis

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

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

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 - 5/5 - 6/30; GOLD \$60, MEMBER \$70

Session #2 - 7/14 - 9/1; GOLD \$60, MEMBER \$70

### Chair Yoga with Mary Mayhew

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

May 5 through September 1

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 - 5/5 - 6/30; GOLD \$75, MEMBER \$90

Session #2 - 7/7 - 9/1; GOLD \$85, MEMBER \$100

### Essentrics with Martha Nathanson

Wednesdays 10:30 to 11:30 a.m.

May 6 through June 17

Essentrics is a full-body workout that combines dynamic stretching and strengthening to help you move with ease. Using a dance-like style, it works every joint and muscle to build strength, improve flexibility, and enhance posture. Whether you're new to movement, increasing activity, or aiming to feel more confident, Essentrics helps you move freely, stay balanced, and manage pain.

Session #1 - 5/6 - 7/1; GOLD \$85, MEMBER \$95

### Senior Strong with David Curtis

Mondays 11:30 a.m. to 12:00 p.m. (15 sessions - HYBRID)

OR Wednesdays 11:30 a.m. to 12:00 p.m. (14 sessions - ONSITE ONLY)

OR Fridays 11:00 to 11:30 a.m. (13 sessions - HYBRID)

May 4 through September 4, no class 5/20, 5/22, 5/25, 6/19, 6/22, 6/24, 6/26, 7/3, 7/6, 8/24

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 - 5/4 - 8/31; GOLD \$115, MEMBER \$140

Wednesdays - 5/6 - 9/2; GOLD \$105, MEMBER \$130

Fridays - 5/8 - 9/4; GOLD \$95, MEMBER \$120

### Beginner Flow Yoga with Marcie Plotkin

Thursdays, 10:00 - 10:45 a.m. May 14 through Sept 3, no class TBD

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 - 5/14 - 6/25; GOLD \$60, MEMBER \$75

Session #2 - 7/2 - 9/3; GOLD \$80, MEMBER \$95

### Tai Chi with Ilysa Cohen

Mondays, 10:00 - 10:45 a.m. May 4 through August 31, no class 5/25, 8/24

Thursdays, 12:00 - 12:45 p.m. May 7 through Sept 4, no class 8/20

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 - 5/4 - 6/29; GOLD \$70, MEMBER \$85

Session #2 - 7/6 - 8/31; GOLD \$70, MEMBER \$85

OR THURSDAYS

Session #1 - 5/7 - 6/25; GOLD \$70, MEMBER \$85

Session #2 - 7/2 - 9/3; GOLD \$80, MEMBER \$95