

FREE* Onsite Fitness Classes

*for members

Cardio Drumming with Ilysa Cohen

Thursdays, 2:00 - 3:00 p.m.

September 10 through December 17, 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. through November 11

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, 9/9, 10/14, 11/11, 12/9; 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
2026



MYERBERG

EDWARD A. MYERBERG CENTER

A Program of CHAI

Updated 6-22-26

ONSITE FITNESS

Gold pricing is for those who have virtual GOLD subscription

BARRE & Resistance Bands Class with Ilysa Cohen

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

September 9 through December 16, no class 11/11, TBD

Barre is an excellent low-impact workout for older adults. Its small, controlled movements and adaptable modifications make it accessible for those with limited mobility, while the ballet barre provides added stability and support. Balance-focused exercises help improve strength and reduce fall risk.

Session #1 - 9/9 - 10/28; GOLD \$70, MEMBER \$85

Session #2 - 11/4 - 12/16; GOLD \$55, MEMBER \$70

Boxing for Balance with Innie Neun

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

September 14 through December 21, no class 9/21, TBD

Boxing for balance uses simple boxing movements and footwork to improve stability, coordination, and body control.

Session #1 - 9/14 - 10/26; GOLD \$60, MEMBER \$70

Session #2 - 11/2 - 12/21; GOLD \$80, MEMBER \$90

Cardio Fit (Basic & Advanced) with Howard Silverstein,

Innie Neun & Marcie Plotkin

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

September 9 through December 18; No class 9/11, 9/21, 9/25, 10/2, 11/27

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 (15 sessions); GOLD \$125, Member \$150

PACKAGE 2 is two times per week (30 sessions); GOLD \$220, Member \$250

Circuit Training with David Curtis

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

September 8 through December 22; no class TBD

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 - 9/8 - 10/27; GOLD \$60, MEMBER \$75

Session #2 - 11/3 - 12/22; GOLD \$60, MEMBER \$75

Chair Yoga with Mary Mayhew

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

September 8 through December 22

Looking for a safe and gentle, yet effective yoga practice? 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 - 9/8 - 10/27; GOLD \$80, MEMBER \$95

Session #2 - 11/3 - 12/22; GOLD \$80, MEMBER \$95

Flow Yoga with Marcie Plotkin

Thursdays, 10:00 - 10:45 a.m. Sept 10 through Dec 17, no class 11/5

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 - 9/10 - 10/29; GOLD \$80, MEMBER \$95

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

Essentrics with Martha Nathanson

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

September 16 - October 21 and October 28 - December 9, no class 11/18

Essentrics is a full-body workout that combines stretching and strengthening to improve flexibility, posture, and mobility. Its flowing, low-impact movements help build strength, enhance balance, and reduce pain, making everyday movement feel easier and more comfortable. Each 6-week session GOLD \$75, MEMBER \$85

NEW: Feel Good Flexibility with Marcie Plotkin

Thursdays, 9:15 - 9:45 a.m. September 10 - December 17, no class 11/5

This gentle stretching class is designed to help you move with greater ease, comfort, and confidence. Through safe, guided stretches, you'll improve flexibility, reduce stiffness, and support balance and mobility for everyday life. All levels are welcome—come as you are and leave feeling looser, lighter, and refreshed.

Session #1 - 9/10 - 10/29; GOLD \$60, MEMBER \$75

Session #2 - 11/12 - 12/17; GOLD \$45, MEMBER \$55

Senior Strong with David Curtis

Mondays 11:30 a.m. to 12:00 p.m. (13 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. (11 sessions - HYBRID)

September 9 through December 18, no class 9/11, 9/21, 9/23, 9/25, 10/2, 11/27

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 - 9/14 - 12/14; GOLD \$110, MEMBER \$125

Wednesdays - 9/9 - 12/16; GOLD \$120, MEMBER \$135

Fridays - 9/18 - 12/18; GOLD \$95, MEMBER \$110

Tai Chi with Ilysa Cohen

Mondays, 10:00 - 10:45 a.m. Sept 14 through Dec 14, no class 9/21, 11/9

Thursdays, 12:00 - 12:45 p.m. Sept 10 through Dec 10, no class 11/12, 11/26

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 - 9/14 - 10/26; GOLD \$55, MEMBER \$70

Session #2 - 11/2 - 12/14; GOLD \$55, MEMBER \$70

OR THURSDAYS

Session #1 - 9/10 - 10/29; GOLD \$70, MEMBER \$85

Session #2 - 11/5 - 12/10; GOLD \$45, MEMBER \$55