

# 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

FALL  
2026

Updated 9.10.26

  
**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, Innie Neun**  
Basic - Mondays 8:20 - 9:20 a.m., Wednesdays 10:30 - 11:30 a.m.  
September 9 through December 23; No class 9/21

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.  
September 8 through December 22, no class TBD

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.  
September 9 through December 23, no class 11/4

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!

**NEW: Staying Strong Strength Training with Marcie Plotkin**  
Thursdays 8:30 a.m. - 9:00 a.m.  
September 10 through December 17; no class 11/5

Build strength, improve balance, and stay active in a supportive, welcoming environment. This class focuses on gentle, effective exercises designed to increase muscle strength, mobility, and confidence for everyday living. All fitness levels are welcome—because it's never too late to grow stronger.

**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.  
September 14 through December 18; no class 9/23, TBD

This class emphasizes safe, effective weight-bearing exercises that help build and maintain muscle strength, improve bone density, and enhance balance, coordination, and overall stability. Through a variety of functional movements and strength-training activities, participants will work to increase mobility, support joint health, and improve everyday movement patterns. The class is especially beneficial for individuals managing arthritis or osteoporosis, as exercises can be modified to accommodate different fitness levels and physical needs. Whether your goal is to maintain independence, reduce the risk of falls, improve posture, or simply become stronger and more active, this class provides a supportive environment to help you move with greater confidence and ease.

