

# Find **YOUR** Best Fit

## at the Howard County 50+ Centers

### Join an Exercise Class

**With friends, strengthen your muscles and center your mind.** A variety of class formats will keep you interested and motivated, including strength training, aerobics, yoga, tai chi, and balance classes, just to name a few.

### Check Out a Fitness Center

**Do you prefer to work out at your own pace?** The fitness centers offer a variety of equipment options. Unsure of how to operate the machines? A certified fitness instructor is available to teach members how to use equipment.

### Dance Your Way to Fitness

**Move to the beat and get energized!**

From Tap to Soul Line to Zumba, dance classes offer an opportunity to improve your cardiovascular fitness while learning new steps and having fun!

### Explore the Great Outdoors

**Are you more of the outdoor type?**

Cycle2Health provides the benefits of exercise while exploring the natural beauty and sights of the great outdoors. The groups are peer-led and depart from various locations, spring through fall.

### Keep Active All Year Long

**Don't let summer heat or a winter chill keep you from being active!** Every day the 50+ Centers offer activities to keep you moving all year long. Enjoy ping pong, indoor walking clubs, pickleball, basketball, Wii Fit bowling, and more.

### Finding the Right Fit

**Are you just getting started or have specific health concerns?** If you have questions about how to exercise safely at home, or how to be/stay active despite chronic health conditions, meet with one of our exercise specialists to develop your fitness goals and create an action plan.



- **Bain 50+ Center • 410-313-7213**  
5470 Ruth Keeton Way, Columbia 21044
- **East Columbia 50+ Center • 410-313-7680**  
6600 Cradlerock Way, Columbia 21045
- **Elkridge 50+ Center • 410-313-5192**  
6540 Washington Blvd., Elkridge 21075
- **Ellicott City 50+ Center • 410-313-1400**  
9401 Frederick Rd., Ellicott City 21042
- **Glenwood 50+ Center • 410-313-5440**  
2400 Route 97, Cooksville 21723
- **Longwood 50+ Center • 410-313-7217**  
6150 Foreland Garth, Columbia 21045
- **North Laurel 50+ Center • 410-313-0380**  
9411 Whiskey Bottom Rd., Laurel 20723



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