

# GROUP EXERCISE PASS

2025

## BAIN

5470 Ruth Keeton Way, Columbia, MD 21044  
(410) 313-7213



ALL PASSES CAN BE USED AT BOTH 50+ CENTERS.

## ELLICOTT CITY

9401 Frederick Rd, Ellicott City, MD 21042  
(410) 313-0727

### MONDAY

8:45 a.m.

Floor Core  
& More

Zumba® GT

9:45 a.m.

Power

10 a.m.

LaBlast®

10:45 a.m.

Floor Core  
& More

12 p.m.

Stretch, Release  
& Restore

6 p.m.

Step  
Conditioning

### TUESDAY

8:45 a.m.

Power

Gentle Yoga

9:45 a.m.

Zumba® Gold

10 a.m.

Barre

10:45 a.m.

Cardio  
Kickboxing

**E X P R E S S**

### WEDNESDAY

8:45 a.m.

Cardio  
Kickboxing

Power

9:45 a.m.

LaBlast®

10 a.m.

Floor Core  
& More

6 p.m.

BollyX®

### THURSDAY

8:45 a.m.

Power

Gentle Yoga

9:45 a.m.

Zumba® Gold

10 a.m.

Gentle Yoga

10:45 a.m.

Stretch, Release  
& Restore

**E X P R E S S**

5:30 p.m.

Zumba® Gold

### FRIDAY

8:45 a.m.

Floor Core  
& More

L.I.F.T

9:45 a.m.

Barre

10 a.m.

Zumba® Gold

### SATURDAY

9 a.m.

Vinyasa "Flow"  
Yoga

9:30 a.m.

All in One

10 a.m.

Dance Fusion

10:30 a.m.

Mindful Yoga

#### PRICING

Howard County Residents

Quarterly (3 month increments).....\$85

Monthly.....\$45

Non-Howard County Residents

Quarterly (3 month increments).....\$125

Monthly.....\$55

A La Carte.....\$10

All group classes are 45-50 minutes. Express classes are 25 minutes.

# GROUP CLASS DESCRIPTIONS

*Some classes may require participants to move from the floor to standing. Please speak with the instructor prior to attending class.*

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## All-In-One

This class is a full-body workout including cardio, strength training, balance, and stretching using dumbbells, resistance tubing, and aerobics steps.

## Barre

Lengthen and strengthen the body & improve flexibility using Ballet, Pilates & Barre movements. Additional equipment may be used to help with balance and flexibility such as resistance bands, balls and yoga straps or blocks. No dance experience needed. Bring a yoga mat; a chair may be used in lieu of a barre.

## BollyX®

Dance inspired and driven by the heart-pumping, energetic rhythms of Bollywood, the film industry of India. This dance-fitness class crosses dynamic choreography with high-intensity interval training (HIIT), burning up to 800 calories per 50-minute session.

## Cardio Kickboxing\*

Learn basic punches and kicks and put them to easy-to-follow combinations. This total body workout increases overall strength and cardiovascular fitness.

*\*Express Cardio Kickboxing is a 25-minute class.*

## Dance Fusion

Get your groove on with dance moves from around the world. Hip Hop, Zumba, Bollywood, Belly Dancing, & more. Each week will be a new mash-up of dance fun.

## Floor, Core and More

Challenge muscles of your core with exercises targeting hips, glutes, lower back, legs and abs. Class uses a Pilates ball, yoga blocks, dumbbells, and versa loops.

## Gentle Yoga

Build strength through yoga stretches and strengthening exercises, combined with guided meditation. Incorporate mindfulness into your daily life.

## LaBlast®

Get moving in combination of partner free dances such as Rumba, Salsa, Tango, Waltz, Samba, Foxtrot, and more. A fun workout for all abilities; no dance experience needed.

## L.I.F.T. Low Impact Functional Training

Join us for strength training with weights. This class incorporates lifting for specific muscle groups and can be modified for all abilities. You are never too old to be stronger!

## Mindful Yoga

Your body is your first home. Wind down, relax, & reconnect to your inner self with gentle yoga movements to help you arrive into stillness. Bring a yoga mat.

## Power

Retain or regain muscles tone in this strength-training class that includes a dynamic warmup and uses dumbbells (or weighted substitutes), benches and/or resistance tubing to improve body composition and increase lean muscle mass.

## Stretch, Release & Restore\*

Increase your flexibility and release tight and sore muscles using a variety of props such as foam rollers, bands and yoga straps. Participants need to be able to move from floor to standing positions. Bring a yoga or exercise mat along with a beach towel or small blanket to each class. *\*Express Stretch, Release & Restore is a 25-minute class.*

## Step Conditioning

Cardio workout that can help improve your cardiovascular health as well as your strength, balance, and coordination. Class will use an aerobic step.

## Vinyasa “Flow” Yoga

Start the day with a slow vinyasa to help you reconnect to your mind, body and spirit. The focus will be linking breath & movement with time as you move safely through series of postures to cultivate balance, strength, and flexibility. Bring a yoga mat.

## Zumba® Gold

Dance to Latin and international rhythms in an easy-to-follow program. This low impact dance, low intensity dance class will let you move to the beat at your own pace.

## Zumba® Gold Toning (GT)

Combine targeted body sculpting exercises and cardio work with Latin-infused Zumba moves using lightweight, maraca-like sticks to enhance rhythm and tone muscle.