



CHRONIC DISEASE MANAGEMENT PROGRAM

Fitness & Weight Management Sessions

May 2026

FREE ONLINE SESSIONS

Full Body Fitness

with Coach Phyllis Davis

Mondays & Wednesdays, 9:00 AM - 10:00 AM
Body strength and resistance

Tuesdays & Thursdays, 9:00 AM - 10:00 AM
Aerobic and cardio

Register/join: aahpmoco.org/fbfitness

Yoga

with Kelsey Ball

Wednesdays, 10:00 AM - 11:00 AM

Register/join: aahpmoco.org/yoga

Low-Impact Exercise/Tai Chi

with Julien Eliie

Thursdays, 11:30 AM - 12:30 PM

Register/join: aahpmoco.org/lowimpact

RHYTHM & WELLNESS FRIDAYS

A Line Dance & Health Initiative featuring health screenings, group line dance instruction, basketball training sessions, live food demonstrations, and more!

Register/join: aahpmoco.org/rwfridays

FREE IN-PERSON SESSIONS

Saturday, May 2, 8:00 AM - 9:30 AM

Walk w/ a Doc

Sligo Creek Trail at Dale Neighborhood Park
125 Dale Drive, Silver Spring

Saturday, May 9, 9:00 AM - 10:00 AM

Full Body Fitness

White Oak Recreation Center
1700 April Lane, Silver Spring

Saturday, May 23, 9:00 AM - 10:00 AM

TENTATIVE

Full Body Fitness

White Oak Recreation Center
1700 April Lane, Silver Spring

Saturday, May 30, 8:00 AM - 9:00 AM

AAHP's Community Day Walk/Event

Montgomery County Takoma Park Campus
7600 Takoma Ave. Takoma Park, MD

Friday, May 1, 6:30 PM - 8:30 PM

Plum Gar Recreation Center

19561 Scenery Dr., Germantown, MD

Friday, May 15, 6:30 PM - 8:30 PM

Plum Gar Recreation Center

19561 Scenery Dr., Germantown

Please be advised that this schedule is subject to change and notifications will be sent in a timely manner, if needed.

For more information, call Stacy Gantz at sgantz@mcfarlandassociate.com or (301) 233-9612.

SCAN THE QR CODE
FOR LINKS TO ALL
CDMP CLASSES >>



AAHP CDMP CLASSES & GROUPS

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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request—with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Ms. Wanneh Dixon, Program Manager for the African American Health Program at 240-777-1451 or send a request to wanneh.dixon@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.

