



CHRONIC DISEASE MANAGEMENT PROGRAM

Fitness & Weight Management Sessions

July 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

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

FREE IN-PERSON SESSIONS

Saturday, July 11, 9:00 AM - 10:00 AM

Full Body Fitness

White Oak Recreation Center

1700 April Lane in Silver Spring

Saturday, July 18, 9:00 AM - 10:30 AM

AAHP Walk in the Park

Arcola Local Park- Sligo Creek Trail

11501 Channing Drive in Silver Spring

Saturday, July 25, 9:00 AM - 10:00 AM

Full Body Fitness

White Oak Recreation Center

1700 April Lane in Silver Spring

**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.



Register for all classes [here](#).