

240-777-1833

Health and Fitness Series

Click the links or scan the QR codes to register!



Yoga: Wednesdays at 10 am

Low Impact: Thursdays at 11:30 am





Zumba: Fridays at 11 am

Tai Chi: Saturdays at 9am

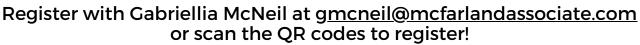












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Meeting Accessibility Policy: Montgomery County will provide sign language interpreters and other auxiliary aids or services upon request--with as much advance notice as possible, preferably within at least three (3) business days before the event. Contact Dr. Ikenna Myers, Program Manager for the African American Health Program at 240-777-1701 or send a request to Ikenna.Myers@montgomerycountymd.gov. Taking these steps will help us have sufficient time to best meet your needs.



