

Community Exercise Offerings

Day	Time	Class	Instructor	Location
Tuesday	6:30p.m. To 8:00p.m.	Group Walking and Running (Weather permitting)	Nya Ferrell	Randallstown H.S. Track (Winands Rd)
Wednesday	1:00 p.m. to 2:15 p.m.	No Impact to Low Impact Aerobics	Harold "Rock" Jones	Fellowship Hall
Thursday	6:00 p.m. to 7:30 p.m.	Moderate Impact Aerobics and Toning	Harold "Rock" Jones	Fellowship Hall
Thursday	6:30 p.m. to 8:00 p.m.	Group Walking and Running Weather permitting	Nya Ferrell	Randallstown H.S. Track (Winands Rd)
Saturday	9:00 a.m. to 10:00 a.m.	Line Dancing, Low Impact to Moderate Aerobics	Joanna Owens	Education Rooms 7-9
Saturday	10:00a.m.	Group Walking Weather permitting	Cheryl Bennett	Northwest Regional Park (Deer Park Road)



“And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ”.

I Thess 5:23 KJV