



Z-FITNESS FREEZE

Tuesday, July 21, 2020 from 6-6:45pm
at the Robert Moton Center

300 S. Center Street, Westminster, MD 21157

Age 14-Adult • 1 session • \$5 per person

Exclusive to Adaptive Recreation eligible participants and their siblings/parents. A multi-cultural dance-exercise experience with energizing music for a fun workout! Easy to follow – all abilities welcome, all who participate must be registered. Icy freeze pops/water provided.

Instructor: Melanie Haifley

Program #20AR16

REGISTER TODAY. SPACE IS LIMITED.

TO REGISTER:

Visit ccrecpark.org or call Recreation & Parks (Monday-Friday, 8am-5pm) at 410-386-2103.


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FOR MORE INFORMATION:

Email dgemmill@carrollcountymd.gov or call Recreation & Parks at 410-386-2103.



 300 S Center Street, Westminster, MD

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 ccrecpark.org

 [ccrecpark](https://www.facebook.com/ccrecpark)

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The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities and facilities. Anyone requiring an auxiliary aid or service for effective communication, or who has a complaint should contact The Department of Citizen Services at 410-386-3600 or 1-888-302-8978, or MD Relay 711/1-800-735-2258, as soon as possible but no later than 72 hours before the scheduled event.