Virtual Fitness Class Schedule
These classes are for persons 60+ only

Please review our Fitness and Exercise Disclaimer before joining any class.

Instructors will be taking attendance in the beginning of each class so we ask that you enter the "virtual waiting room" 10-15 minutes prior to your class start time. Some classes may require registration when you first click on their link.

Please make sure you are viewing the most recent edition of the Virtual Class Schedule as the links and passwords are continuously changing. If a class link has expired you will not be able to log in to participate.

FITNESS AND EXERCISE DISCLAIMER

THIS DISCLAIMER IS POSTED AND READ PRIOR TO EVERY FITNESS CLASS.

IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN INHERENT RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE

PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR

INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

Safety Reminder:

Please make sure you have on the correct shoes and are in a safe environment before you begin class .

(i.e. furniture out of the way, no cords or trip hazards nearby, water bottle and/or equipment safely off to the side).

If you'd like to familiarize yourself with how Zoom works, please click the links below for detailed instructions and videos on how to utilize this platform.

How to Join a Zoom Meeting

Joining a Zoom Call for the First Time; Fun and Easy Online Connection (YouTube Video)

zoom

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, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email ada@carrollcountymd.gov as soon as possible but no later than 72 hours before the scheduled event.

Class Schedule

ALL CARROLL COUNTY SENIOR CENTERS ARE ALSO OFFERING IN PERSON CLASSES.

FRIDAY

July 2nd ONLY

Fitness Friday

Event details and zoom link to enter the class can be found at the link below OR by going to The Partnership's Facebook page (**Facebook.com/HealthierCarrollCounty**) and clicking the "events" tab.
https://www.facebook.com/events/1123691288130923/

SATURDAY

Virtual Zumba Gold with Yvette Castillo
9:00 am –10:30 am
https://us02web.zoom.us/j/6663331488?pwd=ZDJxcmpGUUFZcnRkbW9DQlFpQlRwZz09

PIVOT PHYSICAL THERAPY

IN HOME EXERICSES

Click on the link below and type in the access code for videos to show you how to complete the exercises:

https://pivotpt.medbridgego.com/resources

LOW BACK STRETCHES

Access Code: EJMZPZF8

and

https://www.youtube.com/watch?v=7OLFGsBsjFA

HOW TO GET UP FROM A NON INJURY FALL

Access Code: QFAXHB8C

and

Access Code: DXPPVCTQ

FOOT AND ANKLE STRENTHENING

One of the keys to having good balance is having strong and flexible ankles.

Access Code: EKMKZJB9