

Demonstrations

Come and watch various community programs and fitness demonstrations.



9:30-10:00 a.m.

Stretch with Pivot Physical Therapy



10:00-10:30 a.m.

Zumba with Terry Szabo, Instructor with Carroll County Recreation & Parks



10:30-11:00 a.m.

Zumba Gold with Katie Bernstein, Instructor at South Carroll Senior & Community Center



11:00-11:30 a.m.

Drums Alive with Kelli Donaghue, Instructor at Carroll Lutheran Village



11:30 a.m.-12:00 p.m.

Line Dancing with Becky Kishter, Instructor with Carroll County Recreation & Parks



12:00-12:30 p.m.

Everfit with Sarah Delp, Instructor with Hill Y in Westminster