



Movement & Exercise Programs

Boot Camp in the Park

Free group physical activity for all ages and fitness levels.

Starting April 2023
Saturdays 9:00 AM - 10:00 AM
Visit bit.ly/BootCampInPark

50+ Group Exercise Flex Pass at Bain & Ellicott City

20 total class offerings @ \$35/month or \$75 quarterly options.

Mon - Fri 8:45 AM & 10:00 AM classes
Visit bit.ly/OlderAdultGroupExercise

Sensory Friendly Sundays at Robinson Nature Center

Inclusive program for families with kids, teens, and adults with sensory processing differences.

\$5 adult; \$3 child, free to children 3 yrs. and under and members
Visit bit.ly/SensoryFriendlySunday

Walk with a Doc at Lake Kittamaquidi

Free walking program for those interested in walking and talking with a health care professional.

3rd Saturday each month at 9:00 AM
Visit bit.ly/WalkwithDoc

Howard County LHIC

Local Health Improvement Coalition



For more physical activity programs visit <https://findhcreources.org/> or aim your phone at the QR code !

