CELEBRATE FITNESS MONTH

and enjoy the following FREE programs

Wednesday, May 1st – Friday May 31st, 8 am – sunset

**Trails**

Come enjoy eight miles of trails great for hiking, biking, walking, or horseback riding. Canoe or kayak rentals are available at cost, please call for more information.

All ages

Patuxent River Park

16000 Croom Airport Road, Upper Marlboro

301-627-6074; TTY 301-699-2544

Wednesday, May 1st – Friday May 31st, 8 am – sunset

**Trails**

Come enjoy six miles of trails great for hiking and bike riding.

All ages

Watkins Regional Park/Nature Center

301 Watkins Park Drive, Upper Marlboro

301-218-6702; TTY 301-699-2544

Wednesday, May 1st – Friday May 31st, 8 am – sunset

**Trails**

Come enjoy the natural, undeveloped land as well as the developed land for hiking, biking, and walking!

All ages

Cosca Regional Park

11000 Thrift Road, Clinton

301-868-1397; TTY 301-203-6030

Wednesday, May 1st – Friday May 31st, 8 am – sunset

**Trails**

Come out and enjoy the miles of trails to bike, hike, or walk surrounding the 38-acre lake!

All ages

Lake Artemesia Natural Area

8200 55th Avenue, Berwyn Heights

301-627-7755; TTY 301-699-2544

Wednesday, May 1st – Friday May 31st, 8 am – sunset

**Trails**

Come enjoy the unique waterfront park with its paved riverside walk for walking or hiking. Canoe or kayak rentals are available at cost, please call for more information.

All ages

Bladensburg Waterfront Park

4601 Annapolis Road, Bladensburg

301-779-0371; TTY 301-699-2544

Wednesday, May 1st – Wednesday, May 29th, 7 pm – 8 pm

**Aqua Fitness Classes**

During the month of May, take part in several Aqua Fitness Classes offered on Monday and Wednesday evenings. On Mondays, take the Aqua Challenge at 7 pm or join the Shallow Water Aerobics on Wednesdays at 7 pm. Both the Aqua Arthritis class at 7:45 pm and Deep Water Aerobics at 8 pm are offered on both Monday and Wednesday evenings. For specific class details, please contact the center; all classes are 50 minutes long.

Ages 14 and up

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 1st, 4:30 pm – 5:30 pm

**Herby’s Hockey Challenge**

This clinic is designed for boys and girls who have an interest in hockey and would like some hand on experience. Students will be taught basic hockey skills, stick handling techniques, rules, and will gain self confidence. A pick-up game will be played to reinforce skill development. ALL EQUIPMENT WILL BE SUPPLIED! Registration is LIMITED to 20 participants, please call or register using SmartLink barcode #1121915.

Ages 5 to 12

Vansville Community Center

6813 Ammendale Road, Beltsville

301-937-6621; TTY 301-445-4512

Wednesday, May 1st, 6:30 pm – 8:30 pm

**Free Drop In Fitness Room Workout & Orientation**

Get free workouts or a fitness room orientation to learn proper use of equipment to start your workout routine off right! All participants must have a valid M-NCPPC Rec card. Space in limited and equipment will be available on a first come, first serve basis.

Ages 13 and up

Glassmanor Community Center

1101 Marcy Avenue, Oxon Hill

301-567-6033; TTY 301-203-6030

Wednesday, May 1st, 7 pm – 9 pm

**Zumba Fitness Open House**

North Brentwood Community Center will host a Zumba Fitness Open House. Zumba Fitness is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning dance fitness-party that’s moving millions of people toward joy and health!

Ages 18 and up

North Brentwood Community Center

4012 Webster Street, North Brentwood

301-864-0756; TTY 301-445-4512

Thursday, May 2nd, 6 pm – 7 pm

**PT Paw Pride 4 Life!**

In recognition of National Fitness Month, we are celebrating in a huge way! Join us for a variety of physical training activities for the entire family that you can use for a lifetime of staying fit.

All ages

Vansville Community Center

6813 Ammendale Road, Beltsville

301-937-6621; TTY 301-445-4512

Thursday, May 2nd, 6:30 pm – 7:30 pm

**Women in the Weight Room**

Visit the weight room at Seat Pleasant Activity Center to work out with our personal Trainer, Mr. Henry “BEAU” Woods and learn how women benefit from weight training and the correct ways to train!

Ages 17 and up

Seat Pleasant Activity Center

5720 Addison Road, Seat Pleasant

301-218-6700; TTY 301-218-6768

Friday, May 3rd, 7:30 pm – 8:30 pm

**V-Ville’s First Ladies of Fitness**

Join your girlfriends in the weight room during X-Treme Night. This “no-boys allowed” weight room circuit training will introduce you to the equipment and the benefits of leading a physically active lifestyle. Our V-Ville First Ladies of Fitness must have a valid M-NCPPC Youth ID card to participate.

Ages 13 to 17

Vansville Community Center

6813 Ammendale Road, Beltsville

301-937-6621; TTY 301-445-4512

Friday, May 3rd, 7:30 pm – 9:30 pm

**Major Matt’s Marine-Core Marathon**

Line up and straighten up “grunts!” Major Matt will put you to the ultimate physical training test. These workouts will help you be *all that you can be* in the world of fitness. Maior Matt will also introduce the benefits of leading a physically active lifestyle. Marine “grunts” must have a valid M-NCPPC Youth ID card to participate.

Ages 10 to 17

Vansville Community Center

6813 Ammendale Road, Beltsville

301-937-6621; TTY 301-445-4512

Saturday, May 4th, 9 am – 11 am

**TRCC Family Bike & Hula Hoop Day**

Join us in a ride on the Henson Creek Trail and enjoy an outdoor Hula Hoop class. Hula Hoops will be available on a first come, first serve basis.

All ages

Tucker Road Community Center

1771 Tucker Road, Fort Washington

301-248-4404; TTY 301-203-6030

Saturday, May 4th, 2 pm – 3:15 pm

**Floor Hockey: Mixed Ages**

This clinic is designed for boys and girls who have an interest in hockey and would like some hand on experience. Students will be taught basic hockey skills, stick handling techniques, rules, and will gain self confidence. A pick-up game will be played to reinforce skill development. ALL EQUIPMENT WILL BE SUPPLIED!

Ages 5 to 12

Beltsville Community Center

3900 Sellman Road, Beltsville

301-937-6613; TTY 301-445-4512

Saturday, May 4th, 2 pm – 4 pm

**Volleyball Skills and Fun Day**

This program is designed for individuals with disabilities to increase socialization, hand-eye coordination, basic skill development, and positive use of leisure time. All skill levels are welcome! Healthy snacks will be provided. All interested must be able to participate with a staff to participant ration of 1:4 and must be able to communicate basic needs. Space is limited to 12 participants; please RSVP to 301-464-1737 by April 26th.

Ages 8 to 20

Bowie Community Center

3209 Stonybrook Drive, Bowie

301-464-1737; TTY 301-218-6768

Sunday, May 5th – Saturday, May 11th, 9 am – 9 pm M – Th, 9 am – 7 pm Fri, 9 am – 5 pm Sat

**Free Fitness Room for Everyone**

Join Hillcrest Heights Community Center as we open our fitness room doors for free. Take some time out of your busy schedule to stop by and burn some calories! Please provide a photo ID for access.

Ages 18 and up

Hillcrest Heights Community Center

2300 Oxon Run Drive, Hillcrest Heights

301-505-0896; TTY 301-203-6030

Sunday, May 5th, 12 pm – 4 pm

**Art Walk at Montpelier**

Take a self-guided tour on the gorgeous grounds of the Montpelier Arts Center. You will see artwork displayed from some of our resident artists. Pick up a copy of the map at the front desk!

All ages

Montpelier Arts Center

9650 Muirkirk Road, Laurel

301-377-7817; TTY 301-699-2544

Sunday, May 5th, 12 pm – 4 pm

**Langley Park Day**

In partnership with Action Langley Park, come enjoy an afternoon with musical entertainment and dance performances, a health fair, food and craft vendors, children’s art and games, face painting, and much more! Come out for health screenings and fun activities to celebrate May as Fitness Month.

All ages

Langley Park Community Center

1500 Merrimac Drive, Hyattsville

301-445-4508; TTY 301-445-4512

Tuesday, May 7th, 7 pm – 8 pm

**Zumba Dance Party**

Come out to experience Zumba Fitness, a Latin-inspired dance-fitness program, which is easy and entertaining! You’ll be sure to be breaking a sweat and enjoying every minute of it.

Ages 16 and up

Berwyn Heights Community Center

6200 Pontiac Street, Berwyn Heights

301-345-2808; TTY 301-445-4512

Wednesday, May 8th, 3:30 pm – 4:30 pm

**Floor Hockey Workshop**

Put on your running shoes to get ready for this interactive floor hockey workshop that doesn’t require ice. This is meant as an introduction, no previous experience is necessary!

Ages 5 to 12

Rollingcrest-Chillum Community Center

6120 Sargent Road, Chillum

301-853-2005; TTY 301-445-4512

Wednesday, May 8th, 6 pm – 7 pm

**Ball Hockey Clinic**

This clinic is designed for boys and girls who have an interest in hockey and would like some hand on experience. Students will be taught basic hockey skills, stick handling techniques, rules, and will gain self confidence. A pick-up game will be played to reinforce skill development. ALL EQUIPMENT WILL BE SUPPLIED! Please call or register using SmartLink barcode #1116165.

Ages 6 to 12

Prince George’s Plaza Community Center

6600 Adelphi Road, Hyattsville

301-864-1611; TTY 301-445-4512

Wednesday, May 8th and Thursday, May 9th, 12:30 pm – 2:30 pm

**Senior Pickle Ball**

Come join us for a festive game of pickle ball!

Ages 55 and up

Bowie Community Center

3209 Stonybrook Drive, Bowie

301-464-1737; TTY 301-218-6768

Friday, May 10th, 9 am – 9:45 am

**Senior Aqua Zumba**

Join the Latin inspired aerobic workout to have fun and burn calories by dancing in the shallow end of the pool.

Ages 60 and up

Theresa Banks Memorial Aquatics Center

8615-A McClain Avenue, Glenarden

301-772-5515; TTY 301-446-6802

Friday, May 10th, 6 pm – 8 pm

**Healthy Plan Workshop**

Learn about making a wellness plan for primary prevention! Let us give your fitness regimen a jumpstart with free demonstrations, massage therapy, and meditation. Nutritional discussions will take place about buying organic, the choice to become Vegan, and learning to select the right foods for your health.

All ages

Stephen Decatur Community Center

8200 Pinewood Drive, Clinton

301-297-4648; TTY 301-203-6030

Saturday, May 11th, 9:30 am – 11 am

**Soccer Skills Clinic**

Have you ever wanted to learn the fundamentals of soccer or advance your current skills? Today you will learn dribbling, shooting, passing, trapping, and various field positions. Basic skills will be covered as well. Shin guards are recommended, but not mandatory.

Prince George’s Plaza Community Center

6600 Adelphi Road, Hyattsville

301-864-1611; TTY 301-445-4512

Saturday, May 11th, 10 am – 10 pm

**Feeling Alice and Well Open House**

Come join Cedar Heights Community Center in an all-day active Open House. We will be hosting Adult b-ball, health screenings, introduction to zumba and Go-Go classes, weight room access, a Line Dance-a-thon, and much more! For more information, please contact Cedar Heights Community Center.

All ages

Cedar Heights Community Center

1200 Glen Willow Drive, Seat Pleasant

301-773-8881; TTY 301-218-6768

Saturday, May 11th, 11 am – 12 pm

**The Art of Yoga at Montpelier**

Experience yoga surrounded by art. Come enjoy an hour-long yoga class in the beautiful galleries at the Montpelier Arts Center. Bring a yoga mat and wear comfortable clothes. Following the class, be sure to explore the art exhibits in the galleries.

Ages 18 and up

Montpelier Arts Center

9650 Muirkirk Road, Laurel

301-377-7817; TTY 301-699-2544

Saturday, May 11th, 1 pm – 3 pm

**Old School Fitness and Fun Day**

Join us as AmeriGroup presents a workshop on nutrition for the entire family. After the workshop, we challenge you to move with us for 30 minutes of active rotations full of games we played as children. We will enjoy hula hoops, hop scotch, Frisbee, basketball, and much more! Healthy snacks will be provided at the end of the event.

All ages

Columbia Park Community Center

1901 Kent Village Drive, Landover

301-341-3749; TTY 301-445-4512

Saturday, May 11th, 2 pm – 3 pm

**Introduction to Zumba**

This program is designed for individuals with disabilities to increase socialization, hand-eye coordination, basic skill development, and positive use of leisure time. All skill levels are welcome! Smoothies and other healthy snacks will be provided. All interested must be able to participate with a staff to participant ration of 1:4 and must be able to communicate basic needs. Space is limited to 12 participants; please RSVP to 301-464-1737 by May 3rd.

Ages 8 and up

Cedar Heights Community Center

1200 Glen Willow Drive, Seat Pleasant

301-773-8881; TTY 301-218-6768

Sunday, May 12th – Saturday, May 18th, contact center for specific times

**Free Fitness Week at the Heights**

Take advantage of fitness activities at Marlow Heights Community Center! Activities include classes, demonstrations, use of the fitness room, weight room, and open gym. Contact the center for hours of operation.

All ages

Marlow Heights Community Center

2800 St. Clair Drive, Marlow Heights

301-423-0505; TTY 301-203-6030

Monday, May 13th – Saturday, May 18th, times vary

**Kick Off Summer Open House**

Come out to Temple Hills Community Center to find the best fitness classes that meet your needs. This week’s classes are FREE to try. Check out Hoop Aerobics, Belly Dancing, Dance Aerobics, Line Dancing, Pole Aerobics, Spinning, Tae Kwon Do, Tennis, Women’s Weight Training, Yoga, or Zumba! Get motivated to kick off your summer! Please contact Temple Hills for specific times of classes.

Ages 13 and up

Temple Hills Community Center

5300 Temple Hill Road, Temple Hills

301-894-6616; TTY 301-203-6030

Tuesday, May 14th, 12 pm – 1:30 pm

**Spinning Class/Fitness Open House**

Come and enjoy working out in the Lake Arbor fitness room! Join a demonstration of our spinning class where you can burn serious calories and tone your legs.

Ages 18 and up

Lake Arbor Community Center

10100 Lake Arbor Way, Mitchellville

301-333-6561; TTY 301-218-6768

Tuesday, May 14th, 2:30 pm – 4 pm

**Celebrate Deerfield Run Community Center Day**

Enjoy face painting, roller skating (sizes limited), games, DJ, and street hockey demonstration and clinic.

Ages 5 and up

Deerfield Run Community Center

13000 Laurel-Bowie Road, Laurel

301-953-7882; TTY 301-445-4512

Tuesday, May 14th, 6 pm – 8 pm

**Family Kickball**

Bring the family out for a fun game of kickball! Get some exercise and enjoy a healthy snack as we celebrate fitness month. Please RSVP to Kentland Community Center by May 10th.

All ages

Kentland Community Center

2411 Pinebrook Avenue, Landover

301-386-2278; TTY 301-445-4512

Tuesday, May 14th, 6:30 pm – 7:30 pm

**Karate – Self Defense**

Learn self-defense techniques by kicking, punching, and getting into shape!

All ages

Indian Queen Recreation Center

9551 Fort Foote Road, Fort Washington

301-839-7816; TTY 301-203-6030

Tuesday, May 14th, 6:30 pm – 8 pm

**G.E.A.R. Self-Defense**

It is important that every girl know how to protect herself at all times. In this girls-only workshop, Park and Planning Park Police will teach self defense techniques that will help defend yourself in situations where your safety may be threatened. This is something you won’t want to miss!

Ages 10 to 17

Prince George’s Plaza Community Center

6600 Adelphi Road, Hyattsville

301-864-1611; TTY 301-445-4512

Wednesday, May 15th, 6 am – 9 pm

**Open Fitness Room and “Ask the Trainer”**

Join Fairland Sports and Aquatics Complex as we open our Fitness Room for you for free! Take time out of your schedule to stop by and burn some calories. “Ask the Trainer” sessions will be offered from 10 am to 12 pm and from 7 pm to 9 pm

Ages 13 and up

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 15th, 10 am – 11 am

**Strength Training**

Enjoy Fitness Month by joining the Fairland Sports and Aquatics Complex in a course on strength training. The hour workout will introduce you to the techniques and benefits of training using weights.

Ages 13 and up

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 15th, times vary

**Free Weight Room and Zumba**

Join us for a free one-day fitness pass to the weight room from 10 am – 1:45 pm. Additionally, a free drop-in class for zumba from is available from 10:30 am – 11:30 am.

Ages 13 and up

Peppermill Community Center

610 Hill Road, Landover

301-350-8410; TTY 301-218-6768

Wednesday, May 15th, 12 pm – 4 pm

**Open Play Tennis**

Come hit the courts and join in on a game of tennis! Fun for all ages and all skill levels.

All ages

Fairland Sports and Aquatics Complex – Tennis Bubble

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 15th, 3:30 pm – 5:30 pm

**After-School Fun Run and Races**

Kids will get fit testing their skills during this after-school Fun Run with races, skating, and snacks. There’s sure to be something for everyone!

Ages 5 to 12

Baden Community Center

13601 Baden-Westwood Road, Brandywine

301-888-1500; TTY 301-203-6030

Wednesday, May 15th, 6 pm – 8 pm

**Champ of the Court**

Join in on the challenge to find the champion of the singles competition!

Ages 18 and up

Fairland Sports and Aquatics Complex – Tennis Bubble

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 15th, 7 pm – 8 pm

**Kickboxing**

Come learn the techniques of kickboxing and enjoy a total body workout in just an hour!

Ages 13 and up

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Wednesday, May 15th, 8 pm – 9 pm

**Zumba**

Join the craze and come to the high energy, calorie burning dance class that will strengthen your core and shape your abs!

Ages 13 and up

Fairland Sports and Aquatics Complex

13950 Old Gunpowder Road, Laurel

301-362-6060; TTY 301-362-6090

Thursday, May 16th, 7:30 pm – 8:30 pm

**Line Dance**

Learn the latest Line Dance styles by moving your body to get fit and get into shape!

Ages 13 and up

Potomac Landing Community Center

12500 Fort Washington Road, Fort Washington

301-292-9191; TTY 301-203-6030

Friday, May 17th, 12 pm

**Tour of the Suitland Bog**

The Suitland Bog is said to be the only one of its kind in the State of Maryland, so join us for a tour and see the unique plant life!

All ages

William Beanes Community Center

5108 Dianna Drive, Suitland

301-568-7719; TTY 301-203-6030

Saturday, May 18th, times vary

**Free Weight Room and Zumba**

Join us for a free one-day fitness pass to the weight room ALL DAY. Additionally, a free drop-in class for zumba from is available from 10:30 am – 11:30 am.

Ages 13 and up

Glenarden Community Center

8615 McClain Avenue, Glenarden

301-772-3151; TTY 301-218-6768

Saturday, May 18th, 10 am – 12 pm

**Youth Sports Combine**

Come join us for our first sports combine! We will gauge your athletic abilities through a variety of NFL style activities measuring speed, strength, and agility.

Ages 12 to 16

Huntington Community Center

13022 8th Street, Bowie

301-464-3725; TTY 301-218-6768

Saturday, May 18th, 10 am – 2 pm

**Fitness Day at Harmony Hall Regional Center**

Come join 45 minute classes including zumba, yoga, kettleball, and kickboxing!

Ages 13 to 60

Harmony Hall Regional Center

10701 Livingston Road, Fort Washington
301-203-6040; TTY 301-203-6030

Saturday, May 18th, 11 am – 12 pm

**The Art of Yoga at Montpelier**

Experience yoga surrounded by art. Come enjoy an hour-long yoga class in the beautiful galleries at the Montpelier Arts Center. Bring a yoga mat and wear comfortable clothes. Following the class, be sure to explore the art exhibits in the galleries.

Ages 18 and up

Montpelier Arts Center

9650 Muirkirk Road, Laurel

301-377-7817; TTY 301-699-2544

Saturday, May 18th, 11 am – 3 pm

**People that Rock**

Join a fun-filled day at Suitland Community Center with information on health, fitness and free demonstrations. Come out and ROCK with us!

All ages

Suitland Community Center

5600 Regency Lane, Forestville

301-736-3518; TTY 301-203-6030

Saturday, May 18th, 2 pm – 4 pm

**National Kids to Parks Day**

North Brentwood will be participating in the National Kids to Parks Day where a fitness instructor will lead children in calisthenics and then coordinate a kickball game.

Ages 5 to 17

North Brentwood Community Center

4012 Webster Street, North Brentwood

301-864-0756; TTY 301-445-4512

Saturday, May 18th, 2 pm – 5 pm

**Fun Fitness Day!**

Come join us for a day of fun and exercise! We will have basketball skills and drills, Wii fitness and games, and other activities that show you how to stay fit by having fun! Healthy snacks and water will be provided. Please register for the program by calling Bladensburg Community Center by May 13th.

Ages 6 to 17

Bladensburg Community Center

4500 57th Avenue, Bladensburg

301-277-2124; TTY 301-445-4512

Saturday, May 18th, 2:30 pm – 4 pm

**Roller Skate for Fun and Fitness**

Skate indoors to our DJ’s mix of music! Skate sizes are limited.

Ages 4 and up

Deerfield Run Community Center

13000 Laurel-Bowie Road, Laurel

301-953-7882; TTY 301-445-4512

Sunday, May 19th, 1 pm – 4 pm

**Community Health and Fitness Expo**

Join the South Bowie Community Center and their collaboration with The President’s Council on Fitness, Sports, and Nutrition as well as Bling It On Fitness, Let’s Move Zumba, and other national and local providers to learn ways to stay healthy and fit!

All ages

South Bowie Community Center

1717 Pittsfield Lane, Bowie

301-249-1622; TTY 301-218-6768

Tuesday, May 21st, 6:30 pm

**Hula Hoop Class Demonstration**

Join us for a demonstration of our newest class using weighted Hula Hoops to strengthen your core! Use your waist and hula hoop your way into shape!

Ages 18 and up

Largo/Kettering/Perrywood Community Center

431 Watkins Park Drive, Upper Marlboro

301-390-8390; TTY 301-218-6768

Wednesday, May 22nd, 8 am – 1 pm

**Senior Health & Fitness Day**

Come join us for our free Senior Health & Fitness Day event to promote health and wellness. A variety of health activities, programs, and exhibits will be offered for seniors 60 and up! Participate in zumba gold, chair exercises, line dancing, hand dancing, aquatic activities, health screenings, exhibits, and more!

Ages 60 and up

Prince George’s Sports & Learning Complex

8001 Sheriff Road, Landover

301-446-3400; TTY 301-446-3402

Wednesday, May 22nd, 4 pm – 5 pm

**Youth Ball Hockey Clinic**

This clinic is designed for boys and girls who have an interest in hockey and would like some hand on experience. Students will be taught basic hockey skills, stick handling techniques, rules, and will gain self confidence. A pick-up game will be played to reinforce skill development. ALL EQUIPMENT WILL BE SUPPLIED! Ages 5 to 12

College Park Community Center

5051 Pierce Avenue, College Park

301-441-2647; TTY 301-445-4512

Saturday, May 25th, 12 pm – 5 pm

**Good Luck Fun Fitness Walk-a-Thon**

Come join us for a day of fun and fitness! Take a walk around our football field while counting the laps and cutting the calories. Enjoy great give-a-ways and learn tips on eating and living healthier.

All ages

Good Luck Community Center

8601 Good Luck Road, Lanham

301-552-1093; TTY 301-445-4512

Tuesday, May 28th, 7:30 am

**Good Morning Upper Marlboro**

Join the Community Center for a 5K walk through Upper Marlboro. The walk will start at the community center and continue through the scenic, historic district of Upper Marlboro and return to the community center. Bottled water and healthy breakfast snacks will be provided!

Ages 6 and up

Upper Marlboro Community Center

5400 Marlboro Race Track Road, Upper Marlboro

301-627-2828; TTY 301-203-6030