

# Live Fitness Classes at Emmitsburg 50+ Community Center

Registration for the Fall Quarter begins Monday, Sept. 19<sup>th</sup>.

Fall Quarter runs from October through December.

Register in-person at the Center, or online at our eStore:

<https://frederickcountymd-gov.3dcartstores.com/>

## Meditation & Movement (M&M)

Meditation and Movement is a Tai-Chi inspired seated exercise class. The focus is on releasing tension in the body through slow movement and deep breathing.

**Date/Time:** Tuesdays starting Oct. 4, 12:00 – 12:50 p.m.

**Instructor:** Cain Yentzer

**Cost:** \$30.00

## Tai Chi Level 1

The program focuses on balance and flexibility using slow, rhythmic, and meditative body movements. It is designed to enhance relaxation and inner calm. You will be standing for the class.

**Date/Time:** Tuesdays starting Oct. 4, 1:00 – 2:00 p.m.

**Instructor:** Cain Yentzer

**Cost:** \$30.00



Emmitsburg 50+ Community Center

300 S Seton Ave., Emmitsburg MD 21727, Lower Level

301-600-6350

[Ckirby@FrederickCountyMD.gov](mailto:Ckirby@FrederickCountyMD.gov)

[FrederickCountyMD.gov/Virtual50](https://FrederickCountyMD.gov/Virtual50)