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| Girls UNITE!United in fitness, fun and friendship.Embrace your body and celebrate the unique qualities that make girls rock! Each class will begin with great music and non-competitive fitness activities (cardio routines, fitness stations and yoga!). Afterwards, we’ll chat about the things that matter most to you: navigating friendships, balancing stress, body image, strategic study tips, just to name a few. Share or just listen – no pressure! Eighth grade girls will visit to share their experiences and special guests from the community will offer their expert advice to help you build your ‘toolkit’ for surviving middle-school life. We will end the session with a fun snow tubing adventure! LIMITED TO THE FIRST 15 GIRLS to register. Must be in grades 6 or 7.**TO REGISTER: Go to** [**www.towsonrec.com**](http://www.towsonrec.com) **(DMS programs). Complete registration / waiver form and return, along with payment (payable to TRC), to Ms. Freda**Thank you to the following amazing woman for their guidance:**Beth Kotchick**, Ph.D Associate Professor and Psychology Dept. Chair, Loyola Univ.**Kelly Walsh**, Director of Learning and Teaching, St. Timothy’s School**Marie Lilly**, Associate Director of Women’s Resources, Towson University**Susanna DeRocco**, Nutritionist, [www.healthybodieshappyminds.com](http://www.healthybodieshappyminds.com)**Susan Stern**, CPCC,ACC CEO & Life Strategist Coach for Live Now**Amy Nespoor**, Certified Fitness Instructor |
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|  BALTIMORE COUNTY DEPARTMENT OF RECREATION & PARKS TOWSON RECREATION OFFICE: 410-887-5883 10:00 AM - 3:00 PM, MONDAY – FRIDAY Should you require special accommodations (i.e. sign language interpreter, large p print, etc.), please give as much notice as possible by calling the Therapeutic Office at 410-887-5370 (voice) or 410- 887-5319 (TTY/DEAF). |
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| Cardio/Strength TrainingSelf Defense and Yoga DemosINdNutrition CoachingSSnow TubingMakJInspiring Each OtherINMFriSBoMu |
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| Girls UGirls in grades 6 & 7Mondays and WednesdaysFeb. 10 – Mar. 193 - 4:15 p.m.TRC Activity Room$120 (12 classes) Trip fees not included. Limited to 15 girls.Questions? Email Krista at collierkrista@gmail.com  |

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