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## Around Sharpsburg and Keedysville

Harry Nogle



Harry Nogle  
Around Sharpsburg & Keedysville  
9:19 p.m. EST, December 30, 2010

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### Fitness classes offered in Keedysville

A variety of fitness classes are offered at the Little Antietam Community Center in Keedysville.

Pilates mat classes, held Tuesdays from 5:30 to 6:30 p.m., begin Jan. 4. Participants will learn basic mat exercises as they improve core strength, posture, flexibility and tone muscles.

Strong Step, a Jackie Sorensen step aerobics program, takes place Tuesday from 6:45 to 7:45 p.m. and Thursday from 6 to 7 p.m. A limited number of steps are available at the center. Step

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classes also begin Jan. 4.

Yoga begins Saturday, Jan. 8 from 9 to 10 a.m. Those who participate should bring a mat to each of these classes.

A class geared to the "Young at Heart" is offered Wednesday mornings from 10 to 11 a.m. This class, which begins Jan. 12, includes simple low impact aerobic moves, strength training, flexibility and balance training.

All classes are taught by certified instructor, Sandy Ferris, who provides a supportive atmosphere for participants to work at their own levels. Additional information on all classes and their costs is available by calling Ferris at 301-432-5320.

### Zumba Classes to begin at St. Mark's

Want to have fun dancing off those extra holiday pounds and burn calories? Begin dancing and moving to Latin and international rhythms at a Zumba session.

Four individual sessions are held at St. Mark's Episcopal Church Parish Hall, 18313 Lappans Road Tuesday, Jan. 11 at 5:30 or 6:45 p.m., and Wednesday, Jan. 12 at 5:30 or 6:45 p.m.

A single 15-week session is \$30. Or try a 10-week Saturday session at Mt. Nebo United Methodist Church Community Hall, beginning Saturday, Jan. 15, 10:30 -11:30 a.m. Call 301-393-0884 for additional information and to register for sessions. Anita Binder is a ZIN member and Zumba Instructor.

### Fire company to hold breakfast

The Potomac Valley Fire Co. in Dargan will hold an all-you-can-eat breakfast at the fire hall Saturday, Jan. 8, rather than the usual first Saturday of the month. The breakfast is scheduled from 8 to 11 a.m., and will cost \$5. The menu includes all-you-can-eat pancakes, sausage, sausage gravy, scrambled eggs and drinks. Children 10 and younger can eat free with a paying adult.

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### Zumba classes offered at Rockland

The Washington County Recreation Department offers Zumba fitness classes at Rockland Woods Elementary School in the Westfield's Development off the Sharpsburg Pike.

These classes combine Latin rhythms with easy-to-follow moves to burn calories and energize your body.

Liz Martz teaches Mondays and Wednesdays, Jan. 10-April 13, 5:15-6 p.m.

The cost is \$40 for county residents; \$50 for out-of-county residents. Senior, 55 and older pay \$32 for county residents and \$40 out-of-county residents.

For questions call the recreation office at 240-313-2805, Monday through Friday, 7 a.m. to 4 p.m., or visit [www.washco-md.net](http://www.washco-md.net). Look on the center of the page for 2011 Winter Recreation Programs.

### Master gardeners classes start Feb. 10

Is your green thumb itching to try something new? Do you love to learn and share what you know? Then you could be a master gardener.

Master gardeners get 40 hours of gardening training, then teach people safe, effective gardening techniques through plant clinics, talks, demonstration gardens and more.

Applications are now being accepted for the master gardener training that begins Feb. 10. For more information, call Annette Ipsan at 301-791-1604 or visit her at the Washington County Agricultural Education Center on at 7313 Sharpsburg Pike in Boonsboro.

### Annie's Project to begin in January

Washington County will be hosting Annie's Project sessions on Wednesdays from 10 a.m. to 1:30 p.m., beginning Jan. 26 and running through March 30.

Annie's Project focuses on the many aspects of farm management and is designed to empower women in overall farm decision making and to build local networks throughout the state.

The cost of the entire course including meals and materials is \$75. Register by Jan. 14; space is limited. For more information, contact Leslie Hart at 301-432-4782 or send e-mail to [lhart@washco-md.net](mailto:lhart@washco-md.net).

### Senior activities offered in Keedysville

Many activities are offered at the Southeastern Senior Center on Mt. Vernon Drive in Keedysville.

For information about the Senior Center, call Martha Drennen at 301-432-5624.

### Share your news

Information concerning churches, clubs, schools, organizations and activities in the Sharpsburg/Keedysville area may be called to Harry Nogle at 301-432-2437 or e-mailed to [terp72@myactv.net](mailto:terp72@myactv.net).

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