



CALVERT COUNTY DEPARTMENT  
OF PARKS AND RECREATION  
NORTHERN DISTRICT PRESENTS

## MEET: Nancy Poole

### **What do you teach?**

**I teach aerobics for BioFitness, LLC. The routines are designed to condition your cardio system, which included strength, core and balance exercise.**

### **How long have you been teaching your class?**

**I've been teaching in Calvert County for over 20 years.**

### **Profession when you're not teaching:**

**I am retired from the federal government. I spend my free time playing cards with friends, doing ceramics, volunteering and visiting grandchildren.**

### **Certifications:**

**I am CPR certified.**