



Garrett College
Community Aquatic & Recreation Complex

(301) 387-3786

695 Mosser Road
 McHenry, MD 21541

Facility Hours:

Monday—Friday: 6:00 AM—9:00 PM
Saturday: 8:00 AM—8:00 PM
Sunday: 10:00 AM—6:00 PM

Updated 1/31/2018

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	2 9 a Spin-n-Sculpt 4 p Circuit Breaker	3 9 a Spin w/Jen 10 a Body Sculpt
4 12 p Spin w/Sally 4:30 p Yoga Extend	5 9 a XFusion 5:15 p Kickboxing 5:15 p Grp Strength 6:30 Yoga	6 8 a Spin w/Jen 12:00 AMRAP 5:15 p Yoga	7 9 a Body Sculpt 5:15 p Spin w/Sally	8 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	9 8 a Spin w/Jen 9 a Spin-n-Sculpt 4 p Circuit Breaker	10 9 a Spin w/Jen 10 a Body Sculpt
11 12 p Spin w/Sally 4:30 p Yoga Extend	12 9 a XFusion 5:15 p Kickboxing 5:15 p Grp Strength 6:30 Yoga	13 8 a Spin w/Jen 12:00 AMRAP 5:15 p Yoga	14 9 a Body Sculpt 5:15 p Spin w/Sally	15 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	16 9 a Spin-n-Sculpt 4 p Circuit Breaker	17 9 a Spin w/Jen 10 a Body Sculpt
18 12 p Spin w/Sally 4:30 p Yoga Extend	19 9 a XFusion 5:15 p Kickboxing 5:15 p Grp Strength 6:30 Yoga	20 8 a Spin w/Jen 12:00 AMRAP 5:15 p Yoga	21 9 a Body Sculpt 5:15 p Spin w/Sally	22 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	23 8 a Spin w/Jen 9 a Spin-n-Sculpt 4 p Circuit Breaker	24 9 a Spin w/Jen 10 a Body Sculpt
25 12 p Spin w/Sally 4:30 p Yoga Extend	26 9 a XFusion 5:15 p Kickboxing 5:15 p Grp Strength 6:30 Yoga	27 8 a Spin w/Jen 12:00 AMRAP 5:15 p Yoga	28 9 a Body Sculpt 5:15 p Spin w/Sally			

Tier I Classes

CLASSES IN BLUE ON CALENDAR

# Classes	Member	Non-Member
1	\$10	\$12
10	\$75	\$100
20	\$120	\$160

AMRAP <i>Amanda</i>	AMRAP is a fast-paced metabolic conditioning class that will push you to your limits with high intensity cardio intervals interspersed with muscle-defining moves. 30 mins
Circuit Breaker <i>Susie</i>	This class will provide you with a balanced mixture of cardio and weight resistance while targeting all your major muscle groups. This is a great total body workout designed to burn fat and tone muscle. Ab work and stretch included.
Combo Cycle <i>Susie</i>	In this 30/30 split cycling class, get the best of both worlds with 30 minutes of cycling and 30 minutes of a strengthening workout.
Group Strength <i>Amanda</i>	Feeling as though you have a personal trainer helping you through the workout, this class provides great instruction along with a small group to help encourage each other to work as hard as you can!
Kickboxing <i>Susie</i>	Kickboxing will get your heart rate up with a series of punching and kicking techniques, along with body sculpting, resistance training, abdominal exercises and more.
Spin with Sally <i>Sally</i>	Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.
Yoga <i>Sunday Ellie</i> <i>Tuesday Kelli</i> <i>Mon/Thur Amanda</i>	Extend Yoga (Sundays): Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body. 75 mins Yoga (Mon/Tue/Fri): Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.

Tier II Classes

CLASSES IN RED ON CALENDAR

# Classes	Member	Non-Member
1	\$12	\$15
10	\$100	\$120
20	\$160	\$200

Body Sculpt <i>Jen</i>	Sculpt your muscles from head to toe using a Barbell system to PUMP the heart rate up and burn lots of calories as well. Dumbbells, Resistance Bands, Body Weight, Stability & BOSU balls are also incorporated for an all over strength workout.
Spin with Jen <i>Jen</i>	Do you want to train like an athlete, ride like a racer, and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more!
Spin-n-Sculpt <i>Jen</i>	Get a total body workout from head to toe! 30- minutes on the bike to strengthen your cardiovascular system and lower body. 30-minutes off the bike to tone and strengthen your upper body and abs. All fitness levels welcome.
TRX-Fusion <i>Jen</i>	XFUSION class with a TRX focus! HIGH INTENSITY INTERVAL TRAINING! Modifications given for all exercises making this workout great for all levels of fitness.
XFusion <i>Jen</i>	Put your body in Xtreme conFUSION in a class fusing different exercise equipment using HIGH INTENSITY INTERVAL TRAINING to work the entire body. Burn major calories for hours after, increases all over strength, improves balance, core strength, agility and more. Its a fusion of Heavy Ropes, Kettlebells, SLIDE BOARD, Stability BOSU & Medicine Balls, TRX straps, Jump Ropes, Bikes, Agility Ladders Hurdles & Cones, Foam Rollers, Resistance Bands, Boxing Gloves and more! Modifications given for all exercises making this workout great for All levels of fitness.

- ◆ View all group fitness policies at WWW.GCCARC.COM
- ◆ Schedule subject to change without notice
- ◆ All fitness class packages are valid for 6-months from the date of purchase.