



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 10/01/18



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	2 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	3 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	4 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	5 9 a Spin-n-Sculpt 9 a Aqua FAC	6 
7 12 p Spin w/Sally  Free Demo Classes!	8 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	9 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	10 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	11 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	12 9 a Spin-n-Sculpt 9 a Aqua FAC	13 
14 12 p Spin w/Sally 4:30 p Aqua X	15 9 a XFusion 9 a Aqua FAC 5:30 p Aqua X 5:15 p P90X Live	16 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	17 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	18 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	19 9 a Spin-n-Sculpt 9 a Aqua FAC	20 9 a Spin w/Jen 10 a Body Sculpt
21 12 p Spin w/Sally 4:30 p Aqua X	22 9 a XFusion 9 a Aqua FAC 5:30 p Aqua X 5:15 p P90X Live	23 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	24 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	25 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	26 9 a Spin-n-Sculpt 9 a Aqua FAC	27 9 a Spin w/Jen 10 a Body Sculpt
28 12 p Spin w/Sally 4:30 p Aqua X	29 9 a XFusion 9 a Aqua FAC 5:30 p Aqua X 5:15 p P90X Live	30 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	31 9 a Body Sculpt 9 a Aqua FAC 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

P90X Live <i>Susie</i>	<p>P90X LIVE is a full-body, strength-training and cardio format featuring four blocks of work: cardio, lower strength, upper strength, and core. P90X uses a variety of forms of resistance: weights, resistance tubes, body weight, etc. Excellent strength training for both men and women of all ages and skill levels.</p>
Aqua X <i>Maney</i> 	<p>A total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work all with the benefit of buoyancy that reduces the impact of exercises on your body.</p>
Aqua FAC (Functional Aquatic Conditioning) <i>Seth Anne</i> 	<p>Exercise from mild to moderate intensity to help improve flexibility and function. Ideal for seniors and persons with limiting physical conditions, but open to all skills levels and ages.</p>
Combo Cycle <i>Susie</i>	<p>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.</p>
HIIT/Core Blaster <i>Janelle</i>	<p>High Intensity Interval Training burns more calories in less time. We'll use various equipment in short blocks of higher intensity work followed by short periods of rest, then follow it up with targeted exercises to increase core strength. Modifications are available for all exercises so you can work at your own pace!</p>
Spin with Sally <i>Sally</i>	<p>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.</p>
Yoga <i>Tuesday Susie</i> <i>Thursday Kelli</i>	<p>Yoga : Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.</p>
Yoga Tone <i>Susie</i>	<p>Traditional yoga mixed with strength and toning moves using dumbbells and body weight. Tone and sculpt your body while enjoying the benefits of yoga practice.</p>

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>	<p>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.</p>
Spin with Jen <i>Jen</i>	<p>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!</p>
Spin-n-Sculpt <i>Jen</i>	<p>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.</p>
XFusion <i>Jen</i>	<p>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.</p>

- ◆ 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.