



**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 4/30/19

**MAY 2019**




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




# Tier I Classes

## CLASSES IN BLUE ON CALENDAR

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

<b>P90X Live Susie</b>	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:
<b>Aqua FAC (Functional Aquatic Conditioning)</b> 	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.
<b>Aqua X Maney</b> 	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 benefits of buoyancy that reduce the impact of exercises on your body.
<b>Combo Cycle Susie</b>	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.
<b>Spin with Sally Sally</b>	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.
<b>Yoga Tuesday Susie Thursday Kelli</b>	Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.
<b>Aqua PiYoChi SethAnne</b> 	The strength of Pilates, balance of yoga, and energy revitalization of Ai Chi in one class. This class enhances breathing,

- ◆ View all group fitness policies at [WWW.GCCARC.COM](http://WWW.GCCARC.COM)
- ◆ Schedule subject to change without notice
- ◆ All fitness class packages are valid for 6-months from the date of purchase.
- ◆  = \$5 pool class

## CLASSES IN RED ON CALENDAR

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

# Tier II Classes

<b>Body Sculpt Jen</b>	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.
<b>Spin with Jen Jen</b>	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!
<b>Spin-n-Sculpt Jen</b>	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.
<b>TRX-Fusion Jen</b>	XFUSION class with a TRX focus! HIGH INTENSITY INTERVAL TRAINING! Modifications given for all exercises making this workout great for all levels of fitness.
<b>XFusion Jen</b>	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.

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