



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 5/20/19

June 2019




Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 12p Spin w/Sally	3 9a XFusion 9a Aqua FAC	4 8a Aqua PiYoChi 12p Yoga	5 8am Spin 9a Body Sculpt 9a Aqua FAC 5:15p Spin w/Sally	6 9:15a TRX Fusion 12p Yoga	7 9 a Spin-n-Sculpt 9 a Aqua FAC	8
9 12p Spin w/Sally	10 9a XFusion 9a Aqua FAC 5:15p P90X Live	11 8a Aqua PiYoChi 12p Yoga 5:15pm Yoga	12 8am Spin 9a Body Sculpt 9a Aqua FAC 5:15p Spin w/Sally	13 9:15 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	14 9 a Spin-n-Sculpt 9 a Aqua FAC	15
16 12p Spin w/Sally	17 9a XFusion w/Janelle 9a Aqua FAC 5:15p P90X Live	18 8a Aqua PiYoChi 12p Yoga 5:15pm Yoga	19 8am Spin w/Susie 9a Body Sculpt w/ Janelle 9a Aqua FAC 5:15p Spin w/Sally	20 9:15am TRX Fusion w/Janelle 12 p Yoga 5:15 p Combo Cycle	21 9 a Spin-n-Sculpt w/Susie 9 a Aqua FAC	22
23 12p Spin w/Sally	24 9a XFusion 9a Aqua FAC 5:15p P90X Live	25 8a Aqua PiYoChi 12p Yoga 5:15pm Yoga	26 8am Spin 9a Body Sculpt 9a Aqua FAC 5:15p Spin w/Sally	27 9:15 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	28 9 a Spin-n-Sculpt 9 a Aqua FAC	29
30 12p 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 Susie	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:
Aqua FAC (Functional Aquatic Conditioning) 	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.
Combo Cycle Susie 	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.
Spin with Sally Sally	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 Tuesday Susie Thursday Kelli	Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.
Aqua PiYoChi SethAnne 	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
- ◆ Schedule subject to change without notice
- ◆ All fitness class packages are valid for 6-months from the date of purchase.
- ◆  = \$5 pool class

Tier II Classes

CLASSES IN RED ON CALENDAR

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

Body Sculpt Jen	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 Jen	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 Jen	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 Jen	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 Jen	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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