



SEPTEMBER 2019

Group Fitness Schedule

(301) 387-3786

695 Mosser Rd
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 8/28/19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FACILITY CLOSED HAPPY LABOR DAY!	3 8a Aqua Pi-Yo-Chi 9a TRX STRONG 12p Lunchtime Express 5:15p Yoga	4 9a Body Sculpt 9a Aqua FAC 12p Lunchtime Express 5:15p Spin Doctor	5 12p Yoga	6 9a Spin -n- Sculpt 9a Aqua FAC	7
8 12p Spin Doctor	9 9a XFUSION 9a Aqua FAC 12p Lunchtime Express	10 8a Aqua Pi-Yo-Chi 9a TRX STRONG 12p Lunchtime Express 5:15p Yoga	11 9a Body Sculpt 9a Aqua FAC 12p Lunchtime Express 5:15p Spin Doctor	12 12p Yoga	13 9a Spin -n- Sculpt 9a Aqua FAC	14
15 12p Spin Doctor	16 9a XFUSION 9a Aqua FAC 12p Lunchtime Express	17 8a Aqua Pi-Yo-Chi 9a TRX STRONG 12p Lunchtime Express	18 9a Body Sculpt 9a Aqua FAC 12p Lunchtime Express 5:15p Spin Doctor	19 12p Yoga	20 9a Spin -n- Sculpt 9a Aqua FAC	21
22 12p Spin Doctor	23 9a XFUSION 9a Aqua FAC 12p Lunchtime Express	24 8a Aqua Pi-Yo-Chi 9a TRX STRONG 12p Lunchtime Express	25 9a Body Sculpt 9a Aqua FAC 12p Lunchtime Express 5:15p Spin Doctor	26 12p Yoga	27 9a Spin -n- Sculpt 9a Aqua FAC	28
29 12p Spin Doctor	30 9a XFUSION 9a Aqua FAC 12p Lunchtime Express					



Tier I Classes

CLASSES IN BLUE ON CALENDAR

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

Aqua FAC

(Functional Aquatic Conditioning)

Seth Anne



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.

Aqua Pi-Yo-Chi

Seth-Anne



The strength of Pilates, balance of yoga, and energy revitalization of Ai Chi in one class. This class enhances breathing, strength, range of motion, body alignment and balance in the

Lunchtime Express

Susie

NEW!

Spin Doctor

David

NEW!

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

Yoga

Caroline on Tuesdays
Kelli on Thursdays

Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.

= \$5 Water Class

- ◆ Schedule subject to change without notice.
- ◆ All fitness class packages are valid for 6-months from the date of purchase.
- ◆ View all group fitness policies on our website.

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-STRONG

Jen

Suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability. Modifications given for all exercises makes 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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