



MARCH 2020

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 3/2/20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12p Spin Doctor 1:15p Yo Chi	2 9a Aqua FAC 5:15p Water Aerobics	3 8a Aqua Pi-Yo-Chi 5:15p Yoga	4 8:30a Spin -n- Sculpt 9a Aqua FAC 5:15p Spin Doctor 5:15p Water Aerobics	5 9:15a Ballates 12p Yoga	6 9a P90X Live 9a Aqua FAC	7 9a Yoga
8 12p Spin Doctor 1:15p Yo Chi	9 9a Aqua FAC 5:15p Water Aerobics	10 8a Aqua Pi-Yo-Chi 5:15p Yoga	11 8:30a Spin -n- Sculpt 9a Aqua FAC 5:15p Spin Doctor 5:15p Water Aerobics	12 9:15a Ballates 12p Yoga	13 9a P90X Live 9a Aqua FAC	14 9a Yoga
15 12p Spin Doctor 1:15p Yo Chi	16 9a Aqua FAC 5:15p Water Aerobics	17 8a Aqua Pi-Yo-Chi 5:15p Yoga	18 9a Spin -n- Sculpt 9a Aqua FAC 5:15p Spin Doctor 5:15p Water Aerobics	19 9:15a Ballates 12p Yoga	20 9a P90X Live 9a Aqua FAC 5:15p Water Aerobics	21 9a Yoga
22 12p Spin Doctor 1:15p Yo Chi	23 9a Aqua FAC 5:15p Water Aerobics	24 8a Aqua Pi-Yo-Chi 5:15p Yoga	25 9a Spin -n- Sculpt 9a Aqua FAC 5:15p Spin Doctor 5:15p Water Aerobics	26 9:15a Ballates 12p Yoga	27 9a P90X Live 9a Aqua FAC 5:15p Water Aerobics	28 9a Yoga
29 12p Spin Doctor 1:15p Yo Chi	30 9a Aqua FAC 5:15p Water Aerobics	31 8a Aqua Pi-Yo-Chi 5:15p Yoga				


Group Fitness Class Descriptions

Aqua FAC <i>(Functional Aquatic Conditioning)</i> Seth Anne	<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>
Aqua Pi-Yo-Chi Seth Anne	<p>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 calming environment of the warm pool.</p>
Lunchtime Express Susie	<p>Mondays — Cardio & Abs Tuesdays — Lower Body & Abs Wednesdays — Upper Body & Ab \$6 for Non-Member Walk-ins</p>
Yoga Caroline on Tuesdays Kelli on Thursdays Allison on Saturdays	<p>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>
Yo Chi Allison	<p>This class blends together Yoga and Tai-Chi, delivering the benefits of both practices, and emphasizing overall wellness in addition to fitness. Yoga poses help to increase overall strength, flexibility, and balance, and Tai-Chi movements focus on coordination, core-strength, energy and attention.</p>
Water Aerobics Morgan	<p>A mix of cardio and toning workouts with the resistance of water in our warm pool giving you a full body workout, burning between 400-500 calories in just one hour.</p>

Ballates Seth Anne	<p>Ballates is a 60-minute class based on Pilates mat movements while utilizing a (Swiss) ball to assist in functioning and support to the body. This class is for those seeking to gain endurance strength , tone the body as you improve posture, balance, and flexibility. This class is exactly what you need if you are looking for something challenging yet easy on your joints and very playful!</p> <p><i>Participants are asked to bring their own yoga mats and towels!</i></p>
Spin-n-Sculpt Susie	<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>
P90X Live Susie	<p>A total-body strength and conditioning group fitness class for anyone looking to get lean , toned, and fit! This motivating, results-driven workout is designed to burn calories and build muscle using light to moderate weights. There are 4 segments: cardio, lower body, upper strength, and core... plus a warmup! and cool down.</p>
Spin Doctor David	<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>

Class Pricing

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

 = \$5 Class

Classes with this symbol can be used with the new \$5 class package. Which is a pack of

15 classes for only \$67.50!

****Package not applicable for FAC****

- ♦ 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.

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