



OCTOBER 2020

(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 10/2/20

Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9a Aqua FAC	1 10:15a Ballates	2 9a Aqua FAC	3
		4	5:15p Yoga	7 9a Aqua FAC	8 10:15a Ballates	9 9a Aqua FAC
	9a Aqua FAC 5:15p Water Aerobics					
11	12 9a Aqua FAC 5:15p Water Aerobics	13 5:15p Yoga	14 9a Aqua FAC	15 10:15a Ballates		
18	19 9a Aqua FAC 5:15p Water Aerobics	20 5:15p Yoga	21 9a Aqua FAC	22 10:15a Ballates	23 9a Aqua FAC	24
25	26 9a Aqua FAC 5:15p Water Aerobics	27 5:15p Yoga	28 9a Aqua FAC	29 10:15a Ballates	30 9a Aqua FAC	31

HAPPY HALLOWEEN!




Group Fitness Class Descriptions

Aqua FAC <i>(Functional Aquatic Conditioning)</i> 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 calming environment of the warm pool.
Lunchtime Express Susie	Mondays — Cardio & Abs Tuesdays — Lower Body & Abs Wednesdays — Upper Body & Ab
Yoga Caroline on Tuesdays Kelli on Thursdays Allison on Saturdays	Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.
Yo Chi Allison	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.
Water Aerobics Morgan	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.

Ballates Seth Anne	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! <i>Participants are asked to bring their own yoga mats and towels!</i>
Spin-n-Sculpt Susie	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.
P90X Live Susie	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.
Spin Doctor David	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.

Class Pricing

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

 = \$6 Class

Classes with this symbol can be used with the new \$6 class package. Which is a pack of

15 classes for only \$75!

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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