



# MARCH 2021

(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 03/08/2021

## Group Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9a Aqua FAC 5:15p Water Aerobics	2	3 9a Aqua FAC	4 10:15a Ballates	5 9a Aqua FAC	6
7	8 9a Aqua FAC 5:15p Water Aerobics	9	10 9a Aqua FAC	11 10:15a Ballates	12 9a Aqua FAC	13
14	15 9a Aqua FAC 5:15p Water Aerobics	16	17 9a Aqua FAC	18 10:15a Ballates 5:15p Rock Cycle	19 9a Aqua FAC	20
21	22 9a Aqua FAC 5:15p Water Aerobics	23	24 9a Aqua FAC	25 10:15a Ballates 5:15p Rock Cycle	26 9a Aqua FAC	27
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# Group Fitness Class Descriptions

<b>Aqua FAC</b> <i>(Functional Aquatic Conditioning)</i>  <b>Seth Anne</b>	<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>
<b>Aqua Pi-Yo-Chi</b>  <b>Seth Anne</b>	<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>
<b>Lunchtime Express</b>  <b>Susie</b>	<p>Mondays — Cardio &amp; Abs  Tuesdays — Lower Body &amp; Abs  Wednesdays — Upper Body &amp; Ab</p>
<b>Yoga</b>  <b>Caroline on Tuesdays</b> <b>Kelli on Thursdays</b> <b>Allison on Saturdays</b>	<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>
<b>Yo Chi</b>  <b>Allison</b>	<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>
<b>Water Aerobics</b>  <b>Morgan</b>	<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>

<b>Ballates</b>  <b>Seth Anne</b>	<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>
<b>Spin-n-Sculpt</b>  <b>Susie</b>	<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>
<b>P90X Live</b>  <b>Susie</b>	<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>
<b>Spin Doctor</b>  <b>David</b>	<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

 = \$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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