



APRIL 2021

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 04/01/2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:15a Ballates 5:15p Rock Cycle	2 9a Aqua FAC 12p TBA (Yoga)	3
4	5 9a Aqua FAC 5:15p Water Aerobics	6	7 9a Aqua FAC	8 9a Ballates 5:15p Rock Cycle	9 9a Aqua FAC	10
11 2:30p Cycle	12 9a Aqua FAC 5:15p Water Aerobics	13 5:30p Boot It & Lose It	14 9a Aqua FAC	15 9a Ballates 5:15p Rock Cycle	16 9a Aqua FAC 12p Yoga Flow	17
18 2:30p Cycle	19 9a Aqua FAC 5:15p Water Aerobics	20 5:30p Boot It & Lose It	21 9a Aqua FAC	22 9a Ballates 5:15p Rock Cycle	23 9a Aqua FAC 12p Yoga Flow	24
25 2:30p Cycle	26 9a Aqua FAC 5:15p Water Aerobics	27 5:30p Boot It & Lose It	28 9a Aqua FAC	29 9a Ballates 5:15p Rock Cycle	30 9a Aqua FAC 12p Yoga Flow	


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.
Boot It & Lose It Natalie	This hour long class will have you booting away negative energy & losing those extra pounds. Classes will vary but will always offer a total body workout.
Yoga Flow Susie	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>
Cycle Natalie	A 60-minute class on our stationary bikes to improve cardiovascular health. This is an upbeat class where you will work at different intensities throughout the hour. All 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.
Rock Cycle Susie	This class is a slight twist on a typical cycling class. Students are encouraged to ride to the beat of the music. Hills will be offered, but not required. Rock Cycle is the perfect class if you've always wanted to try an indoor cycling class!

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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