



October 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 09/25/2021

Group Fitness Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|----------------------|-------------------|---------------------------------------|-------------------------------|---|
|  | | | | | 1 9a Aqua FAC | 2 |
| 3 | 4 9a Aqua FAC 12p Lunch Crunch 5:15p Water Aerobics | 5 10:30a AquaFit | 6 9a Aqua FAC | 7 9a Ballates 5:15p Rock Cycle | 8 9a Aqua FAC 12p Yoga | 9 |
| 10 | 11 9a Aqua FAC 12p Lunch Crunch 5:15p Water Aerobics | 12 10:30a AquaFit | 13 9a Aqua FAC | 14 9a Ballates 5:15p Rock Cycle | 15 9a Aqua FAC 12p Yoga | 16 |
| 17 | 18 9a Aqua FAC 12p Lunch Crunch 5:15p Water Aerobics | 19 10:30a AquaFit | 20 9a Aqua FAC | 21 9a Ballates 5:15p Rock Cycle | 22 9a Aqua FAC 12p Yoga | 23 |
| 24 | 25 9a Aqua FAC 12p Lunch Crunch 5:15p Water Aerobics | 26 10:30a AquaFit | 27 9a Aqua FAC | 28 9a Ballates 5:15p Rock Cycle | 29 9a Aqua FAC 12p Yoga | 30 |
| 31  | | | | | |  |


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 Fit Seth Anne | Resistance training for those who are looking to increase cardiovascular endurance and muscular strength. This class will be held in the competition pool and you must be able to swim! |
| 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> |
| 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! |
| Lunch Crunch Susie | A full body workout with cardio (high or low impact - your choice), strength, toning, and flexibility components. Format varies weekly, but you can always expect a great workout! |

Class Pricing

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

Class packages can be shared
 If participants share an account

 = \$7 Class

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

**6 classes for
 only \$36!**

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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