



November 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 10/31/2021

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

Group Fitness Class Descriptions

<p>Aqua FAC <i>(Functional Aquatic Conditioning)</i></p> <p>Seth Anne</p>	<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>
<p>Aqua Fit</p> <p>Seth Anne</p>	<p>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!</p>
<p>Water Aerobics</p> <p>Morgan</p>	<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>
<p>Ballates</p> <p>Seth Anne</p>	<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>
<p>Rock Cycle</p> <p>Susie</p>	<p>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!</p>
<p>Lunch Crunch</p> <p>Susie</p>	<p>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!</p>

FAC Pricing

\$5 Drop-in for everyone

\$30/month Members

\$48/month Non-Members

Class Pricing

# of Classes	Member	Non-Member
1	\$5	\$7
6	\$24	\$36

Class packages can be shared if participants share an account

- ◆ 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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