




301)387-3786
695 Mosser Rd
McHenry, MD 21541

MARCH

GROUP FITNESS SCHEDULE

Facility Hours:

Monday—Friday: 6:00 AM—9:00 PM
Saturday: 8:00 AM—8:00 PM
Sunday: 10:00 AM—6:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9a Aqua FAC 9:30 Strength & Sculpt w/Cardio 5:15 Water Aerobics	10:30a Aqua Fit	1 9a Aqua FAC 9a Strength & Sculpt	2 5:15p Rock Cycle	3 9a Aqua FAC 9:30a Strength & Sculpt 11a-Parent/Child Aquatics 12p Yoga	4
5	6 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 5:15p Water Aerobics	7 10:30a Aqua Fit	8 9a Aqua FAC 9a Strength & Sculpt	9 5:15p Rock Cycle	10 9a Aqua FAC 9:30a Strength & Sculpt 11a- Parent/Child Aquatics 12p Yoga	11
12	13 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 5:15p Water Aerobics	14 10:30a Aqua Fit	15 9a Aqua FAC 9a Strength & Sculpt	16 5:15p Rock Cycle	17 9a Aqua FAC 9:30a Strength & Sculpt 11a Parent/Child Aquatics 12p Yoga	18
19	20 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 5:15p Water Aerobics	21 10:30a Aqua Fit	22 9a Aqua FAC 9a Strength & Sculpt	23 5:15p Rock Cycle	24 9a Aqua FAC 9:30a Strength & Sculpt 11a Parent/Child Aquatics 12p Yoga	25
26	27 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 5:15p Water Aerobics	28 10:30a Aqua Fit	29 9a Aqua FAC 9a Strength & Sculpt	30 5:15p Rock Cycle	31 9a FAC 9:30 Strength & Sculpt 11a Parent/Child Aquatics 12p Yoga	4/1 

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>Strength & Sculpt w/ Cardio <i>(Previously Lunch Crunch)</i></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>

<p>Strength & Sculpt</p> <p>Ayla</p>	<p>This class uses dumbbells and body weight to strengthen and sculpt your entire body.</p>
<p>Yoga</p> <p>Chloe</p>	<p>Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and</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.

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