



GROUP FITNESS

Winter 2025: April 1- May 3

| Land Classes | | | | | |
|----------------------------------|--------------------------------|----------------------------------|--------------------------------|----------------------------------|---------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 5:30am Spin (Chris) ^ | 5:15am Boot Camp (Erica) * | 5:30am Spin (Chris) ^ | 5:15am Boot Camp (Erica) * | 5:15am TRX Blended (Erica) + | |
| | 7am TRX Blended (Erica) + | | 7am TRX Blended (Erica) + | | |
| 8am Active Strength (Erin) * | 8am Circuit Training (Erica) ^ | 8am Active Strength (Erin) * | 8am Circuit Training ^ (Erica) | 8am Active Strength (Erin) * | |
| 9am TRX Active Strength (Erin) + | | 9am TRX Active Strength (Erin) + | 9am Steady Ride Spin (Chris) ^ | 9am TRX Active Strength (Erin) + | |
| 9am Pilates Fusion(Hilda) ^ | 9am Active Strength (Erin) * | 9am Pilates Fusion(Hilda) ^ | 9am Active Strength (Erin) * | 9am Pilates Fusion(Hilda) ^ | 9am Gentle Hatha Yoga (Hilda) ^ |
| 10am Restorative Yoga (Hilda) ^ | | 10am Restorative Yoga (Hilda) ^ | | 10am Restorative Yoga (Hilda) ^ | |
| 10:15am Easy Does It (Teresa) * | | | 10am Chair Strength (Erica) ^ | | |
| 5:45pm Active Strength (Erin) ^ | | | 5:45pm Cardio Drum (Deb) ^ | | |

Class Location Key:
 ^ Group Fitness Area
 * Multipurpose Gym
 + TRX Area

| Shallow Water Classes (Family Pool) | | | | | |
|-------------------------------------|---|------------------------------------|---|-----------------------------------|----------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 7am Shallow H2o Moves (Erin) | | 7am Shallow H2o Moves (Erin) | | 7am Shallow H2o Moves (Erin) | |
| 8am Swim & Fit (Teresa) | 8:30am Deep Aqua Fit (Teresa) | 8am Deep Aqua Fit (Mary) | 8:30am Deep Aqua Fit (Teresa) | 8am Deep Aqua Fit (Mary) | |
| 9am Swim & Fit (Teresa) | 9:30am Shallow Splash & Sculpt (Teresa) | 9am Water Aerobics & Ai Chi (Mary) | 9:30am Shallow Splash & Sculpt (Teresa) | 9am Shallow Power Up (Mary) | |
| 11am Aqua Stable & Strong (Hilda) | | 11am Aqua Stable & Strong (Hilda) | | 11am Aqua Stable & Strong (Hilda) | |
| | 6pm Shallow Water Conditioning (Michelle) | | 6pm Shallow Water Conditioning (Michelle) | | |

Competition Pool CLOSED April 1 - May 12 for Maintenance



GROUP FITNESS

Winter 2025: April 1- May 3

Group Fitness Class Information:

- All classes are 45 minutes in length
- Pre-registration is required to attend all classes
- You need to register in advance for classes
- Class registrations open 1 week prior
- You can register in the FAC app, in person at the front desk, or by calling 616-847-5858
- There is a \$5 no show fee if you register for a class but do not attend.
- To avoid the no show fee, unregister prior to the start of the class by using the FAC app or calling at least 2 hours before class begins.
- Classes are categorized below as **[Lower Intensity]** or **[Higher Intensity]**. Please choose classes that suit your fitness level and ask your instructor for modifications if needed.
- Respect your instructor and other class participants by arriving to class on time and prepared. If you register for a class, plan on participating for the entirety of class. Leaving early or arriving late is disruptive to participants and instructors. Thank you!

CLASS PACKAGE OPTIONS

| | |
|---|------|
| Single Class Fee (non-transferrable) | \$10 |
| Monthly Unlimited | \$30 |
| CLASS AVAILABILITY MAY VARY APRIL 4 TH -12 TH | |

Land Class Descriptions

Active Strength: Here is your access to all things fitness. Elements of this class will stimulate the body through focused strength components, balance and flexibility, cardiovascular training, and coordination.

Boot Camp: This workout is designed to target your entire body, use a variety of equipment, and make you sweat! Start your day off with a class designed to build endurance, develop strength, improve balance, and mobilize all before the sun comes up.

Chair Strength: Strength training with the assistance of a chair. Most exercises will be preformed seated but there will be some done standing, the chair will be used for support. While this class is low intensity we will be challenging our bodies through a strength building program.

Circuit Training: This is an approachable high energy class that combines strength and cardio exercise in a rotating format for a full-body workout. Stations use a variety of equipment and simple bodyweight movements. Class timing allows you to work at a pace that challenges you best.

Cardio Drum: This choreographed class is a combo of low and high impact movements with fun combos for a full body experience. You will find this entertaining program activates many muscles, improves hand eye coordination, and allows you to beat to your own drum.

Easy Does It: Is a gentle fitness class for those getting back into exercise, or need some extra care in their workouts. A chair is available for additional support and most exercises can be done seated. The focus is learning how to have a good quality of life through balance, strength, and mobility.

***Gentle Hatha Yoga:** This 60-minute class is offered weekly and is suitable for all levels and backgrounds. Practice includes relaxation, deep stretching, expansive breathing techniques, and warrior poses.

Pilates Fusion: In this class, following the work of Joseph Pilates, we access the deepest core muscles of the body while practicing correct alignment. Results include improved strength, focus, balance and flexibility. Consistency is key to experiencing the full benefits of this class.

Restorative Yoga: This class is slow and gentle. The work is done entirely on the mat and is accomplished close to the floor with no ups and downs. The work is deep, breath centered, and therapeutic in nature. A beautiful choice.

Spin: All Spin classes include a bike the world video to enhance your experience. You will train a variety of styles including tempo, sprints, endurance, and hills. Come enjoy the ride!

Steady Ride Spin: Perfect for beginners or seasoned cyclists looking for a recovery or endurance ride, this class lets you control the resistance for a fun, low-pressure workout. Our instructor and bikes make it possible to control how steep or gentle your ride is.

TRX Active Strength: Taking Active Strength to the next level with TRX suspension training and more. Continue to add to your training with this focused class while also incorporating additional equipment to test your strength, balance, flexibility, and overall fitness capacity.

TRX Blended: A mixture of suspension training and additional resistance tools combined with your body weight and angles to develop functional strength, balance, flexibility, and core stabilization. Experience the best of both training styles with this incredible weighted workout.

Shallow Water Class Descriptions

Aqua Stable & Strong: This session we will be taking our Stable and Strong training to the pool. Water is fun and relaxes the body providing a low impact environment with less stress for the joints. Join us as we work on balance, cardiovascular health, strength and flexibility.

Shallow H2o Moves: This class will help you develop stronger muscles, endurance, and added flexibility using resistance equipment with and against the current in the Lazy River. Working out in Shallow Water class reduces the impact of your joints but still provides a great full body workout.

Shallow Power Up: Grab your water shoes and get ready for a high intensity aqua aerobics workout. This class includes interval training, plyometrics and power moves to promote cardio fitness, muscular strength, muscular endurance, and overall fitness.

Shallow Splash & Sculpt: Low-impact water workout designed to improve flexibility, range of motion, strength, muscle tone, and cardiovascular endurance all while using the resistance of the water to cushion the feet, knees, and back. Variations in equipment, muscle groups.

Shallow Water Conditioning: This class will help improve muscle strength, cardiovascular endurance, core strength, and flexibility. Each session involves positional and directional changes with the resistance of the water moving forwards, backwards, and sideways for a balanced workout.

Water Aerobics & Ai Chi: Pronounced "i chee". This class will incorporate 30 minutes of low impact water aerobics followed by 15 minutes of Ai Chi movements in COMPLETE SILENCE. Ai Chi is typically done in shoulder depth water and combines breathing with slow movements to promote balance, range of motion and overall relaxation.

Deep Water Class Descriptions

Deep Aqua Fit with Teresa/Mary: Enjoy a low impact workout with high resistance in the water. Improve your cardiovascular system while building strength and flexibility through suspension. Working against the water with your body submerged provided maximum resistance for a great low impact workout. Knowledge of basic swim strokes is encouraged. Jump in for the challenge!

Swim & Fit: Come prepared to swim! This is a high intensity water class designed to integrate basic swimming strokes such as front crawl, back, breast and side strokes in a fast-paced environment. Get your heart rate up while having fun. Diving, relay races, water polo games are on the agenda this season, *plan to get your hair wet!*