



# GROUP FITNESS

## Fall: September 5– December 22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 TRX Blended (Gabrielle)	5:15am Boot Camp (Gabrielle)		5:15am Boot Camp (Erica)		
8am Beginner Bootcamp (Erica)					
8am TRX Beginner (Gabrielle)	8 am TRX Blended (Gabrielle)	8 am TRX Blended (Gabrielle)			
8am Active Strength (Erin)		8am Active Strength (Erin)		8am Active Strength (Erin)	
9am Circuit Training (Gabrielle)	9am Active Strength (Erin)	9am Stable & Strong (Hilda)	9am Active Strength (Erin)	9am Stable & Strong (Hilda)	9:15am Gentle Hatha Yoga (Hilda)
		9am Yoga Fit (Lucy)			
10am Pilates Fusion (Hilda)		10am Pilates Fusion (Hilda)		10am Pilates Fusion (Hilda)	
10:15am Easy Does It (Teresa)		10am Chair Fit (Lucy)			
11 am TRX Flow (Hilda)		11am Restorative Yoga (Hilda)		11am Restorative Yoga (Hilda)	
5:45pm Active Strength (Erin)			6pm Cardio Drum (Deb)		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am Shallow H2o Moves (Erin)		7am Shallow H2o Moves (Erin)		7am Shallow H2o Moves (Erin)	
8am Deep Aqua Fit (Teresa)	8am Deep Aqua Fit (Stephanie)	8am Deep Aqua Fit (Teresa)	8am Deep Aqua Fit (Teresa)	8am Deep Aqua Fit (Mary)	
9am Deep Aqua Fit (Teresa)		9am Deep Aqua Fit (Teresa)		9am Deep Aqua Fit (Mary)	
9am Shallow H2o Moves (Erin)	9am Gentle Waves (Stephanie)	9 am Shallow H2o Moves (Erin)	9am Gentle Waves (Teresa)	9am Shallow H2o Moves (Erin)	9am Shallow H2o Moves (Becky)
11 am Shallow Splash & Sculpt (Becky)	10 am Shallow Splash & Sculpt (Stephanie)	11 m Shallow Splash & Sculpt (Becky)	10 am Shallow Splash & Sculpt (Teresa)	11am Shallow Splash & Sculpt (Becky)	If thunder or lightning are present, the FAC will close pools, hot tub, and steam sauna until 30 minutes after the last strike of lightning or thunder.
7pm Water Warriors (Mary)	6pm Shallow Water Conditioning (Michelle)	11am Deep Moves (Lucy)	6pm Shallow Water Conditioning (Michelle)		

# GROUP FITNESS

## Group Fitness Class Information:

- All classes are 45 minutes in length
- Registration is required to attend all classes
- You need to register in advance for classes (up to 1 week prior to the class). 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 FAC.

## CLASS PACKAGE OPTIONS

Single Class Fee (non-transferrable) -----	\$4
10 Class Package (1 year expiration)-----	\$35
Quarterly Unlimited-----	\$75

NO CLASSES ON NOV 23 & 24

## CLASS DESCRIPTIONS

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

**Beginner Bootcamp:** A class designed to introduce you to circuit training, push you a little further than you normally would, and build comradery. It involves a mixture of calisthenics, body weight exercises, interval training, resistance strength, and other exercise training routines.

**Boot Camp:** Mid-to-High intensity circuit training 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.

**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.

**Chair Fit:** Yoga in a chair is for anyone who has wanted to enjoy yoga but utilized that additional support of a chair. Everyone is accommodated as each pose will be presented in multiple ways for variations and options. This class includes breathing, meditation, stretch, strength, and a lot of fun.

**Circuit Training:** Increase your strength and cardio with this circuit training offering. Each session will be comprised of stations with various equipment, time allotted and reps varied to guarantee a challenge from head to toe.

**Easy Does It:** Is a gentle fitness class designed for those who are starting out, 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:** Suitable for all levels this class offers relaxation, deep stretching, expansive breathing techniques and warrior poses. Attention will be paid to alignment and getting to your next level.

**Pilates Fusion:** In this class you will train the deepest muscles of the body while practicing correct alignment. You'll experience a muscle sculpting focus on engagement and precision for ultimate results.

**Spin:** The joy of a simple bicycle ride; the satisfaction of finishing a tough, hilly route, with NO cars, NO dogs, NO rain, NO potholes. This is a ride for everyone. We will sweat and smile, as we watch our overall fitness improve. LETS RIDE!! Coming to FAC soon!

**Stable & Strong:** Using correct alignment and deep breathing practices we will be working on building both strength and balance. Various props and styles will be added to deepen the focus on stability and deliver an exceptional burn.

**TRX Beginners:** This introduction to TRX is a lower intensity class that will focus more on foundational movement and maintaining proper form throughout each exercise. Each session will show you how to effectively incorporate suspension training into your training for improved results in strength, alignment, and stability.

**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 stability. Experience the best of both training styles with this incredible weighted workout.

**TRX Flow:** Suspension training allows for movement in three dimensions providing a mechanical advantage. TRX is great for all working to build strength, agility, mobility and deep stretching.

**Yoga Fit:** A flow geared towards those who want to be challenged in their alignment, breathing, and poses. Taught at an intermediate pace and set to be tested.

**Deep Aqua Fit:** 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!

**Deep Moves:** Having your full body working against the resistance of the water creates a more challenging workout. The benefit of not being able to touch the ground allows you to develop strength, reduce impact, and feel your muscles work.

**Gentle Waves:** Relish in a low impact exercise class using the resistance of the water and optional tools to keep moving beyond therapy or joint replacement. Ideal to aid in strength, range of motion, and light endurance while having fun. Class meets in the family pool lazy river.

**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.

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

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

**Water Warriors:** A challenging water workout for water enthusiasts. You will become more confident and stronger in your swimming skills while also adding additional fitness skills using a variety of strength tools. Think of it as cross training in the pool.