



GROUP FITNESS

September 3 – October 5*

*Dates tentative based on construction progress

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am TRX Blended (Erica) +	5:15am Boot Camp (Erica) *	5:15am Spin (Chris) ^	5:15am Boot Camp (Erica) *	5:15am TRX Blended (Erica) +	
8am Active Strength (Erin) *	7am Spin (Chris) ^	8am Active Strength (Erin) *		8am Active Strength (Erin) *	
9am Strong & Stable (Hilda) ^	8am TRX Circuit Training (Erin) +	9am Strong & Stable (Hilda) ^	8am TRX Circuit Training (Erin) +	9am Strong & Stable (Hilda) ^	9am Gentle Hatha Yoga (Hilda) ^
9am TRX Active Strength (Erin) +	9am Active Strength (Erin) *	9am TRX Active Strength (Erin) +	9am Active Strength (Erin) *	9am TRX Active Strength (Erin) +	
10am Pilates Fusion (Hilda) ^		10am Pilates Fusion (Hilda) ^		10am Pilates Fusion (Hilda) ^	
10:15am Easy Does It (Teresa) *		10am Chair Fit (Lucy) *	10:15am Easy Does It (Gabrielle) ^		
11am Restorative Yoga (Hilda) ^		11am Restorative Yoga (Hilda) ^		11am Restorative Yoga (Hilda) ^	
5:45pm Active Strength (Erin) ^			5:45pm Cardio Drum (Deb) ^		

Class Location Key:

^Group Fitness Area

*Multipurpose Gym

+ TRX Area

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7am Shallow Water Aerobics (Erin & Teresa)		7am Shallow Water Aerobics (Erin & Teresa)		7am H2o COMBO (Erin & Mary)	
7am Deep Water Aerobics (Erin & Teresa)		7am Deep Water Aerobics (Erin & Teresa)			
8am H2o COMBO (Teresa)	8am Deep Water Aerobics (Stephanie)	8am H2o COMBO (Teresa & Becky)		8am Deep Water Aerobics (Mary)	
	9am Shallow Water Aerobics (Stephanie)		9am Shallow Water Aerobics (Instructors choice)		
			6:30 pm H2o COMBO (Michelle)		

Class location for all Water Aerobics are held in the Comp Pool.

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.

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)----- \$10

Monthly Unlimited ----- \$30

All Water Aerobics are offered in the Competition Pool.

CLASS DESCRIPTIONS

Land Based Offerings

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.

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 with the assistance of a chair is for everyone. You will enjoy the additional support in a seated or standing position to accommodated ease into each pose. Positions are presented in multiple ways with variations and options available. This class includes breathing, meditation, stretch, strength, and fun.

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:** 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: This class is offered three times a week. Participants are generally consistent and enjoy the wonderful life-changing benefits. The aim is to train the deepest core muscles of the body while practicing correct alignment, stretching, and proper breathing techniques.

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 to enjoy.

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!

Stable & Strong: This class is offered three times a week for those who wish to be consistent and experience results. Various props including a chair, light weights, and a ball are frequently used. Correct alignment and deep breathing practices will be standard as you work on both strength and balance.

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.

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

Water Based Offerings

Deep Water Aerobics- A water fitness option held in 13 feet of the pool with little or no impact. Participants have the option to add a flotation belt to perform a variety of motions focused on core strength, muscle tone, isolated engagement, along with cardiovascular fitness. Deep water running and traveling guaranteed to challenge your body and stamina.

Shallow Water Aerobics- This exercise class is held in 4-foot water and is a great low impact water exercise option. It's designed to provide cardio, range of motion, high and low intensity options, as well as additional resistance for strength and stability. Exercises are performed to lively, motivating, and effective movements that are easy to follow.

H2o COMBO- The best of both water aerobics options to easily transition between deep and shallow water. A fast-paced aquatic workout that will utilize a variety of equipment, high and low impact options, wide range of motions designed to challenge muscular endurance while mutually focusing on cardio and strength. This program blends the best of both worlds.