



GROUP FITNESS

WINTER 2023: Jan 3 - Apr 29

(there will be a modified schedule for Spring Break: April 3 - 8)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am Active Strength (Kim)	8am TRX (Kim)	8am Active Strength (Kim)	8am TRX (Kim)	8am Active Strength (Kim)	
9am TRX (Kim)	9am Active Strength (Erin)	9am TRX (Kim)	9am Active Strength (Erin)	9am TRX (Kim)	9:15am Yoga (Hilda)
9am Pickleball Fitness (Hilda)		9am Yoga (Lucy)			
10am Pilates (Hilda)		10am Pilates (Hilda)		10am Framework (Erin)	
		10am Chair Fit (Lucy)		10am Pilates (Hilda)	
11am Easy Does It (Teresa)					
5:45pm Framework (Erin)	5:45pm Boot Camp (Gabrielle & Erica)		6pm Varied* (Deb)	<div>4 week rotation of the following:</div> <ul style="list-style-type: none"> Step-N-Strength Cardio Combo Circuit Bootcamp Cardio Drum 	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8am Shallow Water (Erin)		8am Shallow Water (Erin)		8am Shallow Water (Erin)	
8:15am Deep Water (Teresa)		8:15am Deep Water (Teresa)	8am Deep Water (Teresa)	8:15am Deep Water (Teresa)	
9am Shallow Water (Erin)	9am Water Warriors (Kim)	9am Shallow Water (Erin)	9am Water Warriors (Kim)	9am Shallow Water (Erin)	
9:15am Deep Water (Teresa)		9:15am Deep Water (Teresa)	9am Gentle Waves (Teresa)	9:15am Deep Water (Teresa)	
10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	
		11am Shallow Water (Lucy)			

GROUP FITNESS

Group Fitness Class Information:

- All classes are 45 minutes in length
- A class package is required to attend 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 616-847-5858
- The app locks classes at 7am for morning classes and 4pm for evening classes; to register/unregister after a class is locked, please call the front desk

CLASS PACKAGE OPTIONS

Single Class Fee (non-transferrable) -----	\$4
10 Class Package (1 year expiration)-----	\$30
Quarterly Unlimited-----	\$55

CLASS DESCRIPTIONS

Active Strength: Incorporates all elements of fitness, helping you to building strength, flexibility and balance in a fun and supportive group environment.

***Cardio Combo:** Combination of dance aerobics and country dance to move your body with music with some strength challenges for total body fun.

***Cardio Drum:** This a fun today body fusion of drumming, stability ball, cardio and strength. All fitness levels! Flexibility and balance will also be incorporated while letting the music help to move you to the beat AND the next level!

Chair Fit: Yoga in a chair is for anyone who has wanted to try yoga, but didn't want to get down on the floor or do standing poses. This class included breathing, meditation, stretching, strength and a lot of fun while sitting on a chair.

***Circuit Bootcamp:** This full body workout builds strength and endurance using a variety of apparatuses. Each station is 1 minute and taught for all levels.

Easy Does It: A gentle fitness class designed for those who are starting out, getting back into exercise, or need some extra care. This class will focus on learning how to have a good quality of life, through strength, balance and mobility.

Framework True fitness starts from the ground up. This class focuses on alignment of the structural elements of the body, and includes strength training, flexibility and cardiovascular training while improving balance and coordination.

Pickleball Fitness: Prepare yourself for the demanding game of Pickleball. Target agility, balance, flexibility, and coordination by working through movement patters designed to both improve you game and lower the risk of injury.

Pilates Fusion: is a muscle-sculpting class that focuses on core strength while offering deep stretching for flexibility.

***Step-N-Strength:** Choreographed simple patters on and off the step to improve cardio fitness and coordination.

TRX Training: Learn how to move and thrive in your life using the suspension trainer and more. Focus on the functional movement patterns: push, pull, hinge, squat, rotate, plank, carry, walking!

Yoga: Geared towards those who want to be challenged. Alignment, breathing and poses taught at an intermediate pace.

Deep Water: Improve your cardiovascular system while building strength and flexibility while suspended. Avoid wear and tear on your joints. A flotation belt is always offered but not necessary. Meets in the dive well of the comp pool.

Gentle Waves: Learn how to keep moving beyond therapy or joint replacement. You will increase your strength, range of motion and endurance all while having fun!

Shallow Water: This class will help you develop stronger muscles, endurance and flexibility. Resistance This is a great introduction to water training for everyone. Meets in the Family Pool.

Water Warriors: A challenging deep water workout. Balls, kickboards and weights will be used. Goggles are recommended. This workout is designed for swimmers who want a water challenge. Meets in the competition pool.