



SPRING 2026 SPECIALTY PROGRAM SCHEDULE

REGISTRATION OPENS DEC 29TH 2025

CLASS NAME	AGE	REGISTRATION FEES PER SESSION	SESSION DATES
SPIN HIIT INSTRUCTOR: ERICA	13+	STANDARD: \$65 MEMBER RATE: \$25 ANNUAL MEMBER RATE: \$20	SATURDAYS 10AM SESSION I : 4 CLASSES : JAN 10 TH - JAN 31 ST SESSION II : 4 CLASSES : FEB 21 ST - MAR 14 TH
SHALLOW TABATA CIRCUITS INSTRUCTOR : ERIN	13+	STANDARD: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	TUESDAY & THURSDAY 7AM SESSION I : 6 CLASSES : JAN 20 TH - FEB 5 TH
LIVING LIFE INSTRUCTOR: MARY	40+	STANDARD: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	WEDNESDAY & FRIDAYS 10AM SESSION I : 6 CLASSES : JAN 21 ST - FEB 6 TH SESSION II : 6 CLASSES : FEB 18 TH - MAR 6 TH SESSION III : 6 CLASSES : MAR 18 TH - APR 3 RD
LIFEGUARD RECERTIFICATION *CURRENT CERTIFICATION REQUIRED* INSTRUCTOR: PRESTON	15+	STANDARD: \$160 MEMBER RATE: \$130 ANNUAL MEMBER RATE: \$100	2 CLASSROOM SESSIONS & ONLINE BLENDED REQUIREMENT: DAY 1: SAT FEB 21 ST 9:00A - 3:45P DAY 2: SUN FEB 22 ND 12:00P - 3:45P
CARDIO GOLF INSTRUCTOR: BRITNI	13+	STANDARD: \$70 MEMBER RATE: \$45 ANNUAL MEMBER RATE: \$38	TUESDAY 10AM SESSION I : 4 CLASSES : APR 7 TH - 28 TH
SWIM FOR FITNESS INSTRUCTOR: ELLA	13+	STANDARD: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	TUESDAY 11AM SESSION I : 4 CLASSES : MAR 10 TH - MAR 31 ST
SPRING BREAK YOUTH STROKE CLINIC INSTRUCTOR: ELLA & PRESTON	8-14	STANDARD: \$85 MEMBER RATE: \$65 ANNUAL MEMBER RATE: \$60	DAILY (MON-THURS) 10AM SESSION I : 4 CLASSES : APR 6 TH - 9 TH *MUST BE ABLE TO SWIM 1 LAP INDEPENDENTLY*
GOLDEN HOUR GAINS INSTRUCTOR: ERIN	13+	STANDARD: \$65 MEMBER RATE: \$25 ANNUAL MEMBER RATE: \$20	MONDAY 5:45PM SESSION I : 4 CLASSES : JAN 26 TH - FEB 16 TH SESSION II : 4 CLASSES : MAR 2 ND - MAR 23 RD

PRE-REGISTRATION IS REQUIRED - PRICE IS PER SESSION.
REGISTER IN THE APP, AT THE DESK, OR BY PHONE - PAYMENT DUE AT TIME OF REGISTRATION
TRANSACTIONS FOR ALL SPECIALTY PROGRAM OFFERINGS ARE FINAL

616-847-5858



Spring Lake Fitness and Aquatic Center
16140 148th Ave Spring Lake, MI 49456



SLFAC.com/specialtyprograms



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CLASS NAME	CLASS DESCRIPTION
SPIN HIIT INSTRUCTOR: ERICA	Get ready to ride, sweat, and push your limits! Spin HIIT blends high-intensity cycling intervals with power circuits off the bike for a full-body, heart-pumping experience. You'll alternate between explosive cardio on the spin bike and targeted strength moves on the floor to build power, endurance, and total-body fitness. This class is fast, fun, and guaranteed to leave you feeling strong from head to toe.
SHALLOW TABATA CIRCUITS INSTRUCTOR: ERIN	Start your day with a splash! This high-energy shallow-water Tabata circuit blends fast-paced cardio bursts with strength-focused moves for a refreshing, joint-friendly full-body workout. Expect quick intervals, big calorie burn, and an invigorating start to your morning. You'll move through stations designed to boost strength, stamina, and overall fitness. Wake up, jump in, and feel unstoppable all day.
LIVING LIFE INSTRUCTOR: MARY	Living Life is a supportive shallow-water class designed for individuals living with Parkinson's in mind but can be functional for others with similar goals. Using large body movements, steady cardio, balance and stability work, this class focuses on mobility and confidence. Optional vocal engagement is included to strengthen the brain-body connection and support overall function. Move with ease, energy, and encouragement.
LIFEGUARD CERTIFICATION INSTRUCTOR: PRESTON	The American Red Cross lifeguard class provides training to prevent, recognize, and respond to aquatic emergencies. Participants learn to recognize distress and drowning, perform water rescues, use rescue equipment, and manage suspected spinal injuries. The blended learning format includes online modules and in-person skill sessions. Successful completion leads to a two-year Red Cross certification.
CARDIO GOLF INSTRUCTOR: BRITNI	Tee up for a unique workout that blends swing drills, strength training, and cardio bursts to improve your game and overall fitness. Led by golf pro Britni, this class will help you increase flexibility, build power, and refine your swing.
SWIM FOR FITNESS INSTRUCTOR: ELLA	Led by a former Paralympian swimmer, this lap-pool class is designed for anyone looking to use swimming as a full-body workout. Focused on fitness, use your existing skills to boost cardio, strength, and endurance. All levels of swimmers are welcome to join this fun, challenging, and energizing workout.
SPRING BREAK YOUTH STROKE CLINIC INSTRUCTOR: ELLA & PRESTON	A clinic designed for youth, ages 8-14, looking to develop efficient swim technique and improve overall skills. Participants should be comfortable swimming at least one length independently. Perfect for swimmers preparing for swim team or current team members wanting to keep their skills sharp. Build confidence, refine technique, and make the most of your spring break in the pool!
GOLDEN HOUR GAINS INSTRUCTOR: ERIN	Make the most of your afternoon with this full-body workout that blends strength and cardio for maximum results. Using a mix of weight room equipment and bodyweight exercises, you'll build muscle, boost endurance, and leave feeling stronger, energized, and ready to power through the rest of your day.
OTHER PROGRAMS AVAILABLE	<ul style="list-style-type: none"><u>SWIM LESSONS ARE AVAILABLE TO PARTICIPANTS 6 MONTHS - 16 YEARS OLD. INFORMATION AND CLASS SCHEDULES ARE AVAILABLE AT SLFAC.COM/SWIMLESSONS</u><u>A WIDE VARIETY OF WEEKLY FITNESS OPTIONS ARE AVAILABLE TO FAC MEMBERS WITH THE GROUP FITNESS PROGRAM</u>

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