



# GROUP FITNESS

Fall 2025: Sept. 2nd – Dec. 20th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Spin (Chris) ^	5:30am Boot Camp (Erica) *	5:30am Spin (Chris) ^	5:30am Boot Camp (Erica) *	<b>Class Location Key:</b> ^ Group Fitness Area * Multipurpose Gym + TRX Area	
	7am Circuit Training (Erica) *		7am Circuit Training (Erica) *		
8am TRX (Erin) +		8am Building Blocks (Erica) ^		8am TRX (Erin) +	
9am Pilates Fusion (Hilda) ^	9am Steady Ride Spin (Chris) ^	9am Pilates Fusion (Hilda) ^		9am Pilates Fusion (Hilda) ^	
9am Active Strength (Erin) *	9am Active Strength (Erin) *	9am Active Strength (Erin) *	9am Active Strength (Erin) *	9am Active Strength (Erin) *	
10am Restorative Yoga (Hilda) ^		10am Restorative Yoga (Hilda) ^		10am Restorative Yoga (Hilda) ^	9:30am Warrior Series Yoga (Hilda) ^
	10:15am Easy Does It (Teresa) *		10:15am Chair Strength (Erica) ^		
			5:45pm Cardio Drum (Deb) *		



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)	
	9am Shallow Splash & Sculpt (Teresa)	9am Water Aerobics & Ai Chi (Mary)	9am Shallow Splash & Sculpt (Teresa)		
11am Aqua Therapeutic Movement (Hilda)		11am Aqua Therapeutic Movement (Hilda)		11am Aqua Therapeutic Movement (Hilda)	
	6pm Shallow Water Conditioning (Michelle)		6pm Aqua Blocks (Michelle)		

Deep Water Classes (Competition Pool)					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8am Swim & Fit (Teresa)	8am Swim & Fit (Teresa)	8am Deep Power Up (Mary)	8am Swim & Fit (Teresa)		
9am Deep Aqua Fit (Teresa)				9am Deep Power Up (Mary)	

#### Notes for Fall Schedule:

Class details (location, instructor, style etc.) are subject to change. Whenever possible in order to avoid cancelling classes for incidental conflicts, classes may change instructor, move time or location.

**Holiday Break:** No classes Dec 21–Jan 4. Class Passes aren't paused, so if the break is significant to you, you have the option to cancel ahead of time. Check the back of the schedule for other no-class dates.



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### Group Fitness Class Information:

- All classes are 45 minutes in length \*
- Pre-registration is required to attend all 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

**NO CLASSES ON: Nov 27-29, Dec 22 - Jan3**

### 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 and improve balance all before the sun comes up.

**Building Blocks:** Low to medium intensity class, all exercises are low impact, perfect for beginners. We will focus on building strength and endurance and stability. This class is modification friendly! We will use a slower pace for a safe exercise experience, both standing and on the floor.

**Cardio Drum:** This class keeps you moving to the beat. Drumming engages the body while boosting your heart rate, combined with strength training to tone and sculpt. This class can help you reach your goals!

**Chair Strength:** Resistance training with the assistance of a chair. Most exercises will be preformed seated but there will be some 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 a 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. No counting reps! Class timing allows you to work at a pace that challenges you best.

**Easy Does It:** 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.

**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 to enjoy.

**Spin:** We train a variety of styles including tempo, sprints, endurance, and hills. Bike the world videos add to a great experience. 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 help make it possible to control how steep or gentle your ride is.

**TRX:** 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.

**\*Warrior Series Yoga:** Ground yourself in strength with this 60-minute mindful flow featuring therapeutic yet challenging Yoga poses. Through intentional movement and breath, you'll cultivate inner focus, balance, and resilience. A peaceful yet powerful start to your weekend.

### Shallow Water Class Descriptions

**Aqua Therapeutic Movement:** This class 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.

**Aqua Blocks:** Make waves in this fast-paced shallow water workout that blends cardio and resistance exercise in timed blocks. Similar to HIIT or circuit training, you'll repeat powerful patterns that boost endurance, tone muscle, and keep your heart pumping.

**Shallow H2o Moves:** This class will help you develop stronger stamina, 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 Splash & Sculpt:** Low-impact water workout designed to improve range of motion and cardiovascular endurance all while using the resistance of the water to cushion the feet, knees, and back.

**Shallow Water Conditioning:** This class will focus on cardiovascular endurance, and general muscle toning. 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 combines breathing with slow movements to promote balance, range of motion, and overall relaxation.

### Deep Water Class Descriptions

**Deep Aqua Fit:** Enjoy a low impact workout with high resistance in the water. Build strength and flexibility through suspension. Working against the water your whole body will experience muscle building resistance with almost ZERO impact on joints.

**Swim & Fit:** Come prepared to swim! This high intensity water class integrates basic swimming strokes in a fast-paced environment. Get your heart rate up while having fun. Diving, relay races, water polo games are on the agenda, *plan to get your hair wet!*

**Deep Power Up:** Get ready to power up in the deep end! This high-intensity aqua workout combines interval training, plyometrics, and strength moves to improve cardio endurance and muscular strength. Be ready to make waves, this fast-paced class comes with a *splash warning!*