



GROUP FITNESS

Winter: JANUARY 2- APRIL 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 TRX Blended (Gabrielle) +	5:15am Boot Camp (Gabrielle) *		5:15am Boot Camp (Erica) *	5:15am TRX Blended (Erica) +	
6:00am Spin (Chris) ^	6:00am Spin (Chris) ^				
8am Active Strength (Erin) *	8am Circuit Training (Gabrielle) *	8am Active Strength (Erin) *	8am Circuit Training (Gabrielle) *	8am Active Strength (Erin) *	
9am Stable & Strong (Hilda) *	9am TRX Blended (Gabrielle) +	9am Stable & Strong (Hilda) *	9am TRX Blended (Gabrielle) +	9am Stable & Strong (Hilda) *	9am Gentle Hatha Yoga (Hilda) ^
	9am Active Strength (Erin) *	9am Yoga Fit (Lucy) ^	9am Active Strength (Erin) *		
10am Pilates Fusion (Hilda) ^		10am Pilates Fusion (Hilda) ^	10am Easy Does It (Gabrielle) ^	10am Pilates Fusion (Hilda) ^	
10:15am Easy Does It (Teresa) *		10am Chair Fit (Lucy) *			
11am TRX Flow (Hilda) +		11am Restorative Yoga (Hilda) ^		11am Restorative Yoga (Hilda) ^	
5:45pm Active Strength (Erin) ^		5:45pm Active Strength (Erin) ^	6pm Cardio Drum (Deb) ^		
					<u>Class Location Key:</u> ^Group Fitness Area *Multipurpose Gym + TRX Area

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 Gentle Waves (Teresa)	8am Deep Aqua Fit (Teresa)	8am Gentle Waves (Teresa)	8am Deep Aqua Fit (Mary)	
9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Mary)	
9am Shallow H2o Moves (Erin)		9 am Shallow H2o Moves (Erin)		9am Shallow H2o Moves (Erin)	
	10 am Shallow Splash & Sculpt (Teresa)	10 am Shallow Splash & Sculpt (Teresa)	10 am Shallow Splash & Sculpt (Teresa)		
		11 am Deep Moves (Lucy)			
	6pm Shallow Water Conditioning (Michelle)		6pm Shallow Water Conditioning (Michelle)		
					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) -----	\$4
10 Class Package (1 year expiration)-----	\$35
Quarterly Unlimited-----	\$75

Class availability may vary March 29– April 5.

CLASS DESCRIPTIONS

Land Based Offerings

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: 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:** 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. Attention will be paid to alignment and getting to your next level.

Pilates Fusion: This class is offered three times a week and each participant experiences the life-changing benefits. The aim is to train the deepest core muscles of the body while practicing correct alignment each workout. A physio ball is often times incorporated and Fridays focus more on stretching.

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 down. The work is deep, breath centered, and therapeutic in nature. A beautiful choice.

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!! **Resumes on January 15th.**

Stable & Strong: This class is offered three times a week for those who wish to be consistent and experience results. Using correct alignment and deep breathing practices to develop both strength and balance. Various props will be used including a chair, light weights, and a ball with Friday's being centered around the mat.

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 which can have nice therapeutic results. TRX Flow is great for anyone interested in working to build strength, 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.

Water Based Offerings

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.