

SPRING LAKE FITNESS AND AQUATIC CENTER

FALL 2025 SPECIALTY PROGRAM SCHEDULE

CLASS NAME	AGES	REGISTRATION FEES PER SESSION	SESSION DATES
S'WET BOOT CAMP INSTRUCTOR: KATHY	13+	NON-MEMBER: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	TUESDAY 7 AM SESSION I : 4 CLASSES : SEP 9 TH - 30 TH
TABATA TIME INSTRUCTOR: KATHY	13+	NON-MEMBER: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	TUESDAY 8 AM SESSION I : 4 CLASSES : SEP 9 TH - 30 TH
LOAD & LIFT INSTRUCTOR: ERICA	13+	NON-MEMBER: \$150 MEMBER RATE: \$60 ANNUAL MEMBER RATE: \$48	TUESDAY 8 AM SESSION I : 8 CLASSES : SEP 2 ND - OCT 21 ST SESSION II : 8 CLASSES : NOV 4 TH - DEC 23 RD (MAXIMUM 8 STUDENTS)
WAVES & WELLNESS INSTRUCTOR: HILDA	13+	NON-MEMBER: \$100 MEMBER RATE: \$50 ANNUAL MEMBER RATE: \$40	SATURDAY 8 AM SESSION I : 8 CLASSES : SEP 6 TH - OCT 25 TH SESSION II : 8 CLASSES : NOV 1 ST - DEC 20 TH
LIFEGUARD CERTIFICATION INSTRUCTOR: PRESTON	15+	NON-MEMBER: \$260 MEMBER RATE: \$230 ANNUAL MEMBER RATE: \$200	5 CLASSROOM SESSIONS & ONLINE BLENDED REQUIREMENT: DAY 1: SAT OCT 18 TH 9:00A - 3:45P DAY 2: SUN OCT 19 TH 12:00P - 3:45P DAY 3: FRI OCT 24 TH 3:30P - 7:30P DAY 4: SAT OCT 25 TH 9:00A - 3:45P DAY 5: SUN OCT 26 TH 12:00P - 3:45P
CARDIO GOLF INSTRUCTOR: BRITNI	13+	NON-MEMBER: \$80 MEMBER RATE: \$48 ANNUAL MEMBER RATE: \$40	TUESDAY 11 AM SESSION I : 4 CLASSES : OCT 21 ST - NOV 11 TH
SHALLOW POWER UP INSTRUCTOR: MARY	13+	NON-MEMBER: \$90 MEMBER RATE: \$40 ANNUAL MEMBER RATE: \$32	TUESDAY & THURSDAY 10 AM SESSION I : 6 CLASSES : OCT 7 TH - OCT 23 RD SESSION II : 6 CLASSES : NOV 4 TH - NOV 20 TH SESSION III : 6 CLASSES : DEC 2 ND - 18 TH
GOLDEN HOUR GAINS INSTRUCTOR: ERIN	13+	NON-MEMBER: \$80 MEMBER RATE: \$30 ANNUAL MEMBER RATE: \$24	MONDAY 5:45PM SESSION I : 4 CLASSES : NOV 3 RD - 24 TH SESSION II : 4 CLASSES : DEC 1 ST - DEC 22 ND

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
S'WET BOOT CAMP <small>INSTRUCTOR: KATHY</small>	It's time to s'wet in this high-energy class that uses the resistance of the water to combine cardio drills, strength training, and core work—without the joint impact of land-based exercise. Expect powerful moves like water sprints, jumping jacks, kicks, and resistance work that will challenge your endurance, strength, and agility.
TABATA TIME <small>INSTRUCTOR: KATHY</small>	Tabata Time is an interval training class built around the Tabata method (20 seconds work, 10 seconds rest). It's approachable for all levels with scalable moves, quick bursts of energy, and plenty of variety to keep your mind and body engaged.
LOAD & LIFT <small>INSTRUCTOR: ERICA</small>	This advanced small-group training class takes place entirely in the weight room and is designed for lifters and beginners. Over 8 progressive sessions, you'll build strength using barbells, benches, platforms, and power racks. Each class focuses on compound lifts like squats, deadlifts, presses, and pulls, combined with smart accessory work and dynamic strength-based movement using tools like kettlebells, landmines, and weight plates.
WAVES & WELLNESS <small>INSTRUCTOR: HILDA</small>	This 8-week journey is designed to build strength, balance, and mobility through the power of consistent, water-based movement. Each week builds on the last, blending Pilates-inspired core work, restorative yoga stretches, and mindful cardio so you can feel your progress from start to finish.
LIFEGUARD CERTIFICATION <small>INSTRUCTOR: PRESTON</small>	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 <small>INSTRUCTOR: BRITNI</small>	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.
SHALLOW POWER UP <small>INSTRUCTOR: MARY</small>	Get ready for a HIGH INTENSITY aqua aerobics workout in the shallow water. This class will include interval training, plyometrics and power moves to promote cardiovascular fitness, muscle strength, muscle endurance and overall flexibility.
GOLDEN HOUR GAINS <small>INSTRUCTOR: ERIN</small>	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</u> ARE AVAILABLE TO MEMBERS AND NON MEMBERS. INFORMATION AND CLASS SCHEDULES ARE AVAILABLE AT SLFAC.COM/SWIMLESSONS • THE <u>GROUP FITNESS PROGRAM</u> IS AVAILABLE TO MEMBERS ONLY AT AN AFFORDABLE PRICE, PER CLASS OR WITH AN ACTIVE CLASS PASS. SCHEDULE IS AVAILABLE AT: SLFAC.COM/GROUPECERCISE

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