

LAND GROUP EXERCISE



October 28, 2018-December 29, 2018

MONDAY

5:35am (55 min)
Bootcamp*

8am (45 min)
Active Strength Training

9am (45 min)
TRX*

9am (55 min)
T.B.C.

10:05am (55 min)
Pilates

5:30pm (55 min)
Pump-N-Tone*

6:35pm (45 min)
Indoor Cycle*

TUESDAY

5:35am (55 min)
Impact Zone*

8am (55 min) TRX
Strength & Balance

8am (55 min)
Chair Yoga

9am (55 min)
Cycle-N-Core*

9am (55 min)
Gentle Yoga

10:05am (55 min)
Barre

10:15am (45 min)
Gentle Stretch & Strength

5:30pm (55 min)
Zone Training*

6:35pm (30min)
TRX Express

WEDNESDAY

5:30am (55 min)
Combat Zone*

6:35am (45 min)
Rise and Shine

9am (55 min)
Cardio Interval*

10:05am (55 min)
Pilates

5:30pm (55 min)
Pump-N-Tone*

6:35pm (45 min)
Indoor Cycle*

THURSDAY

5:35am (55 min)
HIIT/Core & Stretch*

8am (55 min)
TRX Strength & Balance

9am (55 min)
Cardio Sculpt*

9am (55 min)
Yoga

10:05am (55 min)
Barre

10:15am (45 min)
Gentle Stretch & Strength

5:30pm (55 min)
Zone Training*

6:35pm (45 min)
Cardio Drum-N-Sculpt

FRIDAY

5:30am (55 min)
Indoor Cycle*

6:35am (45 min)
TRX Pilates Power

8am (45 min)
Active Strength Training

9am (45 min)
TRX Strength

9am (55 min)
T.B.C.*

10:05am (55 min)
Pilates

Class Packages

\$30 ten class package (must use in a year)

\$55 quarterly class package

\$110 semi-annual class package

\$220 annual class package

Classes marked (*) will incorporate the Myzone program.

SATURDAY

8:30am (45 min)
Indoor Cycle*

9:30am (45 min)
Bootcamp*



The system works by wearing a heart-rate monitoring belt that sends your readings to a screen in the Myzone classes in real-time. Through a series of personalized, color-coded tiles, users always know precisely what heart-rate zone they are in at any given moment during their workout, allowing them to put in optimum effort to obtain maximum results.

Myzones are available for \$129 at the front desk and will include either (1) 10 class package or (1) half hour personal training session.

WATER GROUP EXERCISE



October 28, 2018-December 29, 2018

MONDAY

8am (55 min)
Deep Water

8am (55 min)
Shallow Water

9am (55 min)
Deep Water

9am (55 min)
Shallow Water

10am (55 min)
Shallow Water

1pm (45 min)
Shallow Water

TUESDAY

8am (55 min)
Gentle Waves
(shallow water)

9am (55 min)
Water Warriors
(deep water)

5:45pm (45 min)
Shallow Water

6:30pm (45 min)
Deep Water

WEDNESDAY

8am (55 min)
Deep Water

8am (55 min)
Shallow Water

9am (55 min)
Deep Water

9am (55 min)
Shallow Water

10am (55 min)
Shallow Water

1pm (45 min)
Shallow Water

THURSDAY

8am (55 min)
Gentle Waves
(shallow water)

9am (55 min)
Water Warriors
(deep water)

5:45pm (45 min)
Shallow Water

6:30pm (45 min)
Deep Water

FRIDAY

8am (55 min)
Deep Water

8am (55 min)
Shallow Water

9am (55min)
Deep Water

9am (55min)
Shallow Water

10am (55 min)
Shallow Water

SATURDAY

8am (45 min)
Swim Fit

WEATHER ALERTS

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.

FALL FACILITY HOURS

Monday-Friday

5:05am-9:30pm

Saturday

7:30am-7pm

Sunday

10am-6pm

Class Packages

\$30 ten class package (must use in a year)

\$55 quarterly class package

\$110 semi-annual class package

\$220 annual class package

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