



GROUP FITNESS

Fall: October 7 - December 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Spin (Chris) ^	5:15am Boot Camp (Erica) *	5:30am Spin (Chris) ^	5:15am Boot Camp (Erica) *	5:15am TRX Blended (Erica) +	
8am Active Strength (Erin) *		8am Active Strength (Erin) *	8am TRX Blended (Gabrielle) +	8am Active Strength (Erin) *	
9am Stable & Strong (Hilda) ^	9am Yoga Fit (Lucy) ^	9am Stable & Strong (Hilda) ^		9am Stable & Strong (Hilda) ^	
9am TRX Active Strength (Erin) +	9am Active Strength (Erin) *	9am TRX Active Strength (Erin) +	9am Active Strength (Erin) *	9am TRX Active Strength (Erin) +	9am Gentle Hatha Yoga (Hilda) ^
10am Pilates Fusion (Hilda) ^		10am Pilates Fusion (Hilda) ^		10am Pilates Fusion (Hilda) ^	
10:15am Easy Does It (Teresa) *		10am Chair Fit (Lucy) *	10:15am Easy Does It (Gabrielle) ^		<u>Class Location Key:</u> ^Group Fitness Area
11am Restorative Yoga (Hilda) ^		11am Restorative Yoga (Hilda) ^		11am Restorative Yoga (Hilda) ^	*Multipurpose Gym + TRX Area
5:45pm Active Strength (Erin) ^			5:45pm Cardio Drum (Deb) ^		

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 Shallow Power Up (Mary)	8am Deep Aqua Fit (Mary)	
9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Teresa)	9am Deep Moves (Lucy)	9am Deep Aqua Fit (Teresa)	9am Deep Aqua Fit (Mary)	
	10am Shallow Splash & Sculpt (Teresa)		10am Shallow Splash & Sculpt (Teresa)		
	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)----- \$10

Monthly Unlimited ----- \$30

NO CLASSES: Nov 28-29, Dec 23-25, 28, and Jan 1-4

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 with the assistance of a chair is for everyone. You will enjoy the additional support in a seated or standing position to accommodate ease into each pose. Positions are presented in multiple ways with variations and options available. This class includes breathing, meditation, stretch, strength, and fun.

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.

Pilates Fusion: This class is offered three times a week. Participants are generally consistent and enjoy the wonderful life-changing benefits. The aim is to train the deepest core muscles of the body while practicing correct alignment, stretching, and proper breathing techniques.

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: All Spin classes include a bike the world video to enhance your experience. You will train a variety of styles including tempo, sprints, endurance, and hills. Come enjoy the ride!

Stable & Strong: This class is offered three times a week for those who wish to be consistent and experience results. Various props including a chair, light weights, and a ball are frequently used. Correct alignment and deep breathing practices will be standard as you work on both strength and balance.

TRX Active Strength: 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.

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 stabilization. Experience the best of both training styles with this incredible weighted workout.

Yoga Fit- A flow geared towards those who want to be challenged in their alignment, breathing, and poses. Taught at an intermediate pace and set to be tested.

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.

Shallow Power Up: Grab your water shoes and get ready for a high intensity aqua aerobics workout. This class includes interval training, plyometrics and power moves to promote cardio fitness, muscular strength, muscular endurance, and overall fitness.

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 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 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.