

# SUMMER 2022



# LAND GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HEALTH BENEFITS OF EXERCISE
8am Active Strength (Kim)	8am TRX (Kim)	8am Active Strength (Kim)	8am TRX (Kim)	8am Active Strength (Kim)		<ol style="list-style-type: none"> <li>1. Improved cardiovascular health</li> <li>2. Weight management</li> <li>3. Increase bone strength</li> <li>4. Improve cholesterol levels</li> <li>5. Lower blood pressure</li> <li>6. Better sleep quality</li> <li>7. Anti-aging</li> <li>8. Stress releaser</li> </ol>
9am TRX (Kim)	9am Active Strength (Erin)	9am TRX (Kim)	9am Active Strength (Erin)	9am TRX (Kim)	9:15am Yoga (Hilda)	
		9am Yoga (Lucy)				
10am Pilates (Hilda)		10am Pilates (Hilda)		10am Framework (Erin)		
		10am Chair Fit (Lucy)				
5:45pm TRX (Erin)			6pm Cardio Drum (Deb)			

## Group Exercise Class Information:

- All classes are 45 minutes in length
- A class package is required to attend 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, un-register prior to the start of the class by using the FAC app or calling 616-847-5858
- The app locks classes at 7am for morning classes and 4pm for evening classes; to register/unregister after a class is locked, please call the front desk

## CLASS PACKAGE OPTIONS

10 Class Package (1 yr expiration) -----	\$30
Quarterly Unlimited-----	\$55
Semi-Annual Unlimited-----	\$110
Annual Unlimited -----	\$220

**16140 148th Ave., Spring Lake, MI 49456**  
**616-847-5858**  
[www.slfac.com](http://www.slfac.com)  
[facebook.com/followgroupex](https://facebook.com/followgroupex)

# SUMMER 2022



# WATER GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8am Deep Water (Teresa)		8am Deep Water (Teresa)	8am Deep Water (Stephanie)	8am Deep Water (Teresa)	<b>Inclement Weather and Water Classes:</b> 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 rumble of thunder.
8am Shallow Water (Erin)		8am Shallow Water (Erin)		8am Shallow Water (Erin)	
9am Deep Water (Teresa)	9am Water Warriors (Kim)	9am Deep Water (Teresa)	9am Water Warriors (Kim)	9am Deep Water (Teresa)	
9am Shallow Water (Erin)		9am Shallow Water (Erin)	9am Gentle Waves (Stephanie)	9am Shallow Water (Erin)	
10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	10am Shallow Water (Kim)	
		11am Shallow Water (Lucy)			

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