



**Garrett College**  
**Community Aquatic & Recreation Complex**

**(301) 387-3786**

695 Mosser Road  
 McHenry, MD 21541

**Facility Hours:**

**Monday—Friday: 6:00 AM—9:00 PM**  
**Saturday: 8:00 AM—8:00 PM**  
**Sunday: 10:00 AM—6:00 PM**

Updated 11/30/18

# December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 9 a Spin w/Jen 10 a Body Sculpt
2 12 p Spin w/Sally 4:30 p Water Aerobics	3 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	4 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga	5 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	6 9 a P90X Live 12 p Yoga 5:15 p Combo Cycle	7 9 a Spin-n-Sculpt 9 a Aqua FAC	8 9 a Spin w/Jen 10 a Body Sculpt
9 12 p Spin w/Sally 4:30 p Water Aerobics	10 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	11 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga	12 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	13 9 a P90X Live 12 p Yoga 5:15 p Combo Cycle	14 9 a Spin-n-Sculpt 9 a Aqua FAC	15 9 a Spin w/Jen 10 a Body Sculpt
16 12 p Spin w/Sally 4:30 p Water Aerobics	17 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	18 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga	19 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	20 9 a P90X Live 12 p Yoga 5:15 p Combo Cycle	21 9 a Spin-n-Sculpt 9 a Aqua FAC	22 9 a Spin w/Jen 10 a Body Sculpt
23 12 p Spin w/Sally	24  CARC CLOSED	25  CARC CLOSED	26 9 a Aqua FAC 5:15 p Spin w/Sally	27 12 p Yoga	28 9 a Spin-n-Sculpt 9 a Aqua FAC	29 9 a Spin w/Jen 10 a Body Sculpt
30 12 p Spin w/Sally	31 9 a XFusion 9 a Aqua FAC CARC OPEN 8 A—2 P	 CARC OPEN 10 A—6 P				

# Tier I Classes

## CLASSES IN BLUE ON CALENDAR

# Classes	Member	Non-Member
1	\$10	\$12
10	\$75	\$100
20	\$120	\$160

### P90X Live

*Susie*

P90X LIVE is a full-body, strength-training and cardio format featuring four blocks of work: cardio, lower strength, upper strength, and core. P90X uses a variety of forms of resistance: weights, resistance tubes, body weight, etc. Excellent strength training for both men and women of all ages and skill levels.

### Water Aerobics

*Maney*



A total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work all with the benefit of buoyancy that reduces the impact of exercises on your body.

### Aqua FAC

(Functional Aquatic Conditioning)

*Seth Anne*



Exercise from mild to moderate intensity to help improve flexibility and function. Ideal for seniors and persons with limiting physical conditions, but open to all skills levels and ages.

### Combo Cycle

*Susie*

In this 30/30 split cycling class, get the best of both worlds with 30 minutes of cycling and 30 minutes of a strengthening workout.

### Spin with Sally

*Sally*

Something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music hand-picked to motivate and inspire! This is a great workout if you want to burn calories and increase endurance.

### Yoga

*Tuesday Susie*

*Thursday Kelli*

**Yoga** : Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.

- ◆ View all group fitness policies at [WWW.GCCARC.COM](http://WWW.GCCARC.COM)
- ◆ Schedule subject to change without notice
- ◆ All fitness class packages are valid for 6-months from the date of purchase.

# Tier II Classes

## CLASSES IN RED ON CALENDAR

# Classes	Member	Non-Member
1	\$12	\$15
10	\$100	\$120
20	\$160	\$200

### Body Sculpt

*Jen*

Sculpt your muscles from head to toe using a Barbell system to PUMP the heart rate up and burn lots of calories as well. Dumbbells, Resistance Bands, Body Weight, Stability & BOSU balls are also incorporated for an all over strength workout.

### Spin with Jen

*Jen*

Do you want to train like an athlete, ride like a racer, and find your inner competitor? Jump on a bike and ride to the driving beats that will improve your cardio endurance and muscular strength. This low impact/high intensity workout will leave you drenched in sweat, yet inspired to come back for more!

### Spin-n-Sculpt

*Jen*

Get a total body workout from head to toe! 30- minutes on the bike to strengthen your cardiovascular system and lower body. 30-minutes off the bike to tone and strengthen your upper body and abs. All fitness levels welcome.

### TRX-Fusion

*Jen*

XFUSION class with a TRX focus! HIGH INTENSITY INTERVAL TRAINING!

Modifications given for all exercises making this workout great for all levels of fitness.

### XFusion

*Jen*

Put your body in Xtreme conFUSION in a class fusing different exercise equipment using HIGH INTENSITY INTERVAL TRAINING to work the entire body. Burn major calories for hours after, increases all over strength, improves balance, core strength, agility and more. Its a fusion of Heavy Ropes, Kettlebells, SLIDE BOARD, Stability BOSU & Medicine Balls, TRX straps, Jump Ropes, Bikes, Agility Ladders Hurdles & Cones, Foam Rollers, Resistance Bands, Boxing Gloves and more! Modifications given for all exercises making this workout great for All levels of fitness.