



**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 5/1/18

**May 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8 a Spin w/Jen 5:15 p Yoga	2 9 a Body Sculpt 5:15 p Spin w/Sally	3 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	4 9 a Spin-n-Sculpt 10 a Body Sculpt	5 9 a Spin w/Jen 10 a Body Sculpt
6 12 p Spin w/Sally 4:30 p Yoga Extend	7 9 a XFusion 5:15 p Circuit Breaker	8 8 a Spin w/Jen 5:15 p Yoga	9 9 a Body Sculpt 5:15 p Spin w/Sally	10 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	11 9 a Spin-n-Sculpt 10 a Body Sculpt	12 No Class
13 12 p Spin w/Sally	14 9 a XFusion 5:15 p Circuit Breaker	15 8 a Spin w/Jen 5:15 p Yoga	16 9 a Body Sculpt 5:15 p Spin w/Sally	17 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	18 9 a Spin-n-Sculpt 10 a Body Sculpt	19 No Class
20 12 p Spin w/Sally	21 9 a XFusion 5:15 p Circuit Breaker	22 8 a Spin w/Jen 5:15 p Yoga	23 9 a Body Sculpt 5:15 p Spin w/Sally	24 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	25 9 a Spin-n-Sculpt 10 a Body Sculpt	26 No Class
27 12 p Spin w/Sally	28 9 a XFusion	29 8 a Spin w/Jen 5:15 p Yoga	30 9 a Body Sculpt 5:15 p Spin w/Sally	31 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle		

# Tier I Classes

## CLASSES IN BLUE ON CALENDAR

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

### Circuit Breaker Susie

This class will provide you with a balanced mixture of cardio and weight resistance while targeting all your major muscle groups. This is a great total body workout designed to burn fat and tone muscle. Ab work and stretch included.

### 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 Sunday Ellie Tuesday Susie

**Extend Yoga (Sundays):** Focused stretching allows muscles to relax and lengthen, which puts less strain on the skeletal system and reduces tension throughout the body. 75 mins

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

# 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.

- ◆ 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.