



**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 1/2/19

# January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	3 12 p Yoga 5:15 p Combo Cycle	4 9 a Spin-n-Sculpt 9 a Aqua FAC	5 9 a Spin w/Jen 10 a Body Sculpt
6 12 p Spin w/Sally 1:15 pm P90X Strength	7 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	8 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga 5:15 p Aqua X	9 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	10 9:15 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	11 9 a Spin-n-Sculpt 9 a Aqua FAC	12 <b>No Classes</b>
13 12 p Spin w/Sally 1:15 pm P90X Strength	14 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	15 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga 5:15 p Aqua X	16 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	17 9:15 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	18 9 a Spin-n-Sculpt 9 a Aqua FAC	19 9 a Spin w/Jen 10 a Body Sculpt
20 12 p Spin w/Sally 1:15 pm P90X Strength	21 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	22 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga 5:15 p Aqua X	23 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	24 9:15 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	25 9 a Spin-n-Sculpt 9 a Aqua FAC	26 9 a Spin w/Jen 10 a Body Sculpt
27 12 p Spin w/Sally 1:15 pm P90X Strength	28 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live	29 8 a Spin w/Jen 9:15 a TRX Fusion 12 p Yoga 5:15 p Aqua X	30 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	31 9:15 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

### 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.

### P90X Live Strength *Maney*

P90X LIVE Strength is a total-body strength training class that uses body weight as well as dumbbells, barbells, weight plates, and resistance tubing to give you a 45-minute upper, lower and core workout suitable for all levels.

### 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.

### Aqua X *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.

### 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*

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.

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