



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 4/1/18

April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1  Closed—Happy Easter!	2 9 a XFusion 5:15 p Circuit Breaker 5:15 p Grp Strength 6:30 Yoga	3 8 a Spin w/Jen 12:00 AMRAP 5:15 p Yoga	4 9 a Body Sculpt 5:15 p Spin w/Sally	5 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	6 9 a Spin-n-Sculpt	7 9 a Spin w/Jen 10 a Body Sculpt
8 12 p Spin w/Sally 4:30 p Yoga Extend	9 9 a XFusion 5:15 p Circuit Breaker	10 8 a Spin w/Jen 5:15 p Yoga	11 9 a Body Sculpt 5:15 p Spin w/Sally	12 8 a Spin w/Jen 9 a TRX Fusion 5:15 p Combo Cycle	13 9 a Spin-n-Sculpt	14 9 a Spin w/Jen 10 a Body Sculpt
15 12 p Spin w/Sally 4:30 p Yoga Extend	16 9 a XFusion 5:15 p Circuit Breaker	17 8 a Spin w/Jen 5:15 p Yoga	18 9 a Body Sculpt 5:15 p Spin w/Sally	19 8 a Spin w/Jen 9 a TRX Fusion 5:15 p Combo Cycle	20 9 a Spin-n-Sculpt	21  No Class— Visit the GCPS Student Arts Fair
22 12 p Spin w/Sally 4:30 p Yoga Extend	23 9 a XFusion 5:15 p Circuit Breaker	24 8 a Spin w/Jen 5:15 p Yoga	25 9 a Body Sculpt 5:15 p Spin w/Sally	26 8 a Spin w/Jen 9 a TRX Fusion 5:15 p Combo Cycle	27 9 a Spin-n-Sculpt	28 9 a Spin w/Jen 10 a Body Sculpt
29 12 p Spin w/Sally 4:30 p Yoga Extend	30 9 a XFusion 5:15 p Circuit Breaker					

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 Kelli

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
- ◆ Schedule subject to change without notice
- ◆ All fitness class packages are valid for 6-months from the date of purchase.