



**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 10/30/18



# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	2 9 a Spin-n-Sculpt 9 a Aqua FAC	3 9 a Spin w/Jen 10 a Body Sculpt
4 12 p Spin w/Sally 4:30 p Aqua X	5 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live 5:30 p Aqua X	6 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	7 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	8 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	9 9 a Spin-n-Sculpt 9 a Aqua FAC	10 9 a Spin w/Jen 10 a Body Sculpt
11 12 p Spin w/Sally 4:30 p Aqua X	12 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live 5:30 p Aqua X	13 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	14 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	15 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	16 9 a Spin-n-Sculpt 9 a Aqua FAC	17 9 a Spin w/Jen 10 a Body Sculpt
18 12 p Spin w/Sally 4:30 p Aqua X	19 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live 5:30 p Aqua X	20 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	21 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	22  Happy Thanksgiving CARC CLOSED	23 9 a Spin-n-Sculpt 9 a Aqua FAC	24 9 a Spin w/Jen 10 a Body Sculpt
25 12 p Spin w/Sally 4:30 p Aqua X	26 9 a XFusion 9 a Aqua FAC 5:15 p P90X Live 5:30 p Aqua X	27 8 a Spin w/Jen 12 p Yoga Tone 5:15 p Yoga	28 9 a Body Sculpt 9 a Aqua FAC 5:15 p Spin w/Sally	29 9 a HIIT/Core Blaster 12 p Yoga 5:15 p Combo Cycle	30 9 a Spin-n-Sculpt 9 a Aqua FAC	

# Tier I Classes

## CLASSES IN BLUE ON CALENDAR

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

<b>P90X Live</b> <i>Susie</i>	<p>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.</p>
<b>Aqua X</b> <i>Maney</i> 	<p>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.</p>
<b>Aqua FAC</b> (Functional Aquatic Conditioning) <i>Seth Anne</i> 	<p>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.</p>
<b>Combo Cycle</b> <i>Susie</i>	<p>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.</p>
<b>HIIT/Core Blaster</b> <i>Janelle</i>	<p>High Intensity Interval Training burns more calories in less time. We'll use various equipment in short blocks of higher intensity work followed by short periods of rest, then follow it up with targeted exercises to increase core strength. Modifications are available for all exercises so you can work at your own pace!</p>
<b>Spin with Sally</b> <i>Sally</i>	<p>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.</p>
<b>Yoga</b> <i>Tuesday Susie</i> <i>Thursday Kelli</i>	<p><b>Yoga</b> : Learn basic Yoga postures coordinated w/the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.</p>
<b>Yoga Tone</b> <i>Susie</i>	<p>Traditional yoga mixed with strength and toning moves using dumbbells and body weight. Tone and sculpt your body while enjoying the benefits of yoga practice.</p>

# Tier II Classes

## CLASSES IN RED ON CALENDAR

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

<b>Body Sculpt</b> <i>Jen</i>	<p>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 &amp; BOSU balls are also incorporated for an all over strength workout.</p>
<b>Spin with Jen</b> <i>Jen</i>	<p>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!</p>
<b>Spin-n-Sculpt</b> <i>Jen</i>	<p>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.</p>
<b>XFusion</b> <i>Jen</i>	<p>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 &amp; Medicine Balls, TRX straps, Jump Ropes, Bikes, Agility Ladders Hurdles &amp; Cones, Foam Rollers, Resistance Bands, Boxing Gloves and more! Modifications given for all exercises making this workout great for All levels of fitness.</p>

- ◆ 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.