



**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**

**June 2018**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>June Special:</b> Thursday 12 PM Yoga Package (4 classes—6/7—6/28)			<b>COMING SOON!</b>		1 9 a Spin-n-Sculpt	2 <b>CARC CLOSED</b> <b>High School Graduations</b>
3 12 p Spin w/Sally	4 9 a XFusion 5:15 p Circuit Breaker	5 8 a Spin w/Jen 5:15 p Yoga	6 9 a Body Sculpt 5:15 p Spin w/Sally	7 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	8 9 a Spin-n-Sculpt	9 No Class <b>Summer Workout Tip:</b> <b>Stay hydrated!</b> 
10 12 p Spin w/Sally	11 9 a XFusion 5:15 p Circuit Breaker	12 8 a Spin w/Jen 5:15 p Yoga	13 9 a Body Sculpt 5:15 p Spin w/Sally	14 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	15 9 a Spin-n-Sculpt	16 No Class <b>Summer Workout Tip:</b> <b>Don't forget your sunscreen!</b> 
17 12 p Spin w/Sally	18 9 a XFusion 5:15 p Circuit Breaker	19 8 a Spin w/Jen 5:15 p Yoga	20 9 a Body Sculpt 5:15 p Spin w/Sally	21 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	22 9 a Spin-n-Sculpt	23 No Class <b>Summer Workout Tip:</b> <b>Protect your eyes with a visor or sunglasses!</b>
24 12 p Spin w/Sally	25 9 a XFusion 5:15 p Circuit Breaker	26 8 a Spin w/Jen 5:15 p Yoga	27 9 a Body Sculpt 5:15 p Spin w/Sally	28 8 a Spin w/Jen 9 a TRX Fusion 12 p Yoga 5:15 p Combo Cycle	29 9 a Spin-n-Sculpt	30 No Class <b>Summer Workout Tip:</b> <b>Check the weather forecast!</b> 

# 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 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.

# 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.

COMING SOON!

**A90X**  
LIVE!

- ◆ 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.