

Group Fitness Class Descriptions

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| Aqua FAC Functional Aquatic Conditioning <i>Sethi Anne</i> | 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 skill levels and ages. |
| Aqua Fit <i>Sethi Anne</i> | Resistance training for those who are looking to increase cardiovascular endurance and muscular strength. This class will be held in the competition pool and you must be able to swim! |
| Water Aerobics <i>Susie</i> | A mix of cardio and toning workouts with the resistance of water in our warm pool giving you a full body workout, burning between 400-500 calories in just one hour! |
| Step & Sculpt <i>Susie</i> | A modern twist on a classic workout. Full body workout using aerobic steps and dumbbells. Cardio and abdominal work included in each class. |
| Rock Cycle <i>Susie</i> | This class is a slight twist on a typical cycling class. Students are encouraged to ride to the beat of the music. Hills will be offered but not required. Rock Cycle is the perfect class if you've always wanted to try an indoor cycling class! |
| Strength & Sculpt w/ Cardio (Previously Lunch Crunch) <i>Susie</i> | A full body workout with cardio (high or low impact- your choice), strength, toning, and flexibility components. Format varies weekly, but you can always expect a great workout! |

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| Strength & Sculpt <i>Ayla</i> | This class uses dumbbells and body weight to strengthen and sculpt your entire body. |
| Yoga <i>Ayla</i> | Learn basic Yoga postures coordinated w/ the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility. |
| Barre Sculpt <i>Susie</i> | A total body workout using elements of ballet, Pilates, & strength training, using lighter weights with higher reps and body weight. Abdominal work included! |
| Summer Melt <i>Brenda</i> | A mix of interval training/ cardio and muscle endurance for all over body conditioning |

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| Class Pricing | | | FAC Pricing | |
| # of classes | Member | Non-Member | \$5 Drop-in for everyone | |
| 1 | \$5 | \$7 | \$30/month for Members | |
| 6 | \$24 | \$36 | \$48/month for Non-Members | |
| Class packages can be shared if participants share an account | | | | |

Schedules are subject to change without notice
All fitness class packages are valid 6 months from the date of purchase

301-387-3786

www.gccarc.com

July Group Fitness Schedule

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|---|--|----------|
| | 1 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 6:30-7:30 Zumba | 2 7:30a Summer Melt 10:30a Aqua Fit | 3 9a Aqua FAC 9a Strength & Sculpt | 4 3:15p Water Aerobics 5p Rock Cycle | 5 9a Aqua FAC 9:30a Strength & Sculpt 10:45a Yoga | 6 |
| 7 | 8 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 6:30-7:30 Zumba | 9 7:30a Summer Melt 10:30a Aqua Fit | 10 9a Aqua FAC 9a Strength & Sculpt | 11 3:15p Water Aerobics | 12 9a Aqua FAC 9:30a Strength & Sculpt 10:45a Yoga | 13 |
| 14 | 15 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 6:30-7:30 Zumba | 16 7:30a Summer Melt 10:30a Aqua Fit | 17 9a Aqua FAC 9a Strength & Sculpt | 18 3:15p Water Aerobics | 19 9a Aqua FAC 9:30a Strength & Sculpt 10:45a Yoga | 20 |
| 21 | 22 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 6:30-7:30 Zumba | 23 7:30a Summer Melt 10:30a Aqua Fit | 24 9a Aqua FAC 9a Strength & Sculpt | 25 3:15p Water Aerobics | 26 9a Aqua FAC 9:30a Strength & Sculpt 10:45a Yoga | 27 |
| 28 | 29 9a Aqua FAC 9:30a Strength & Sculpt w/ Cardio 6:30-7:30 Zumba | 30 7:30a Summer Melt 10:30a Aqua Fit | 31 9a Aqua FAC 9a Strength & Sculpt | | | |

