

LAND GROUP EXERCISE



January 1, 2018

March 31, 2018

MONDAY

5:35am
BOOTCAMP

8:00am
SENIOR STRENGTH

9:00am (45 minutes)
TRX

9:00am
CARDIO DANCE

10:05am (45 minutes)
PILATES

5:30pm (55 minutes)
PUMP-N-TONE

6:30pm (45 minutes)
PILATES

TUESDAY

5:35am
T.B.C.

8:00am
TRX Strength &
Balance

8:00am (45 minutes)
CHAIR YOGA

9:00am
CYCLE 'N' CORE

9:00am
GENTLE YOGA

10:05am (55 minutes)
BARRE

5:30pm (45 minutes)
INDOOR CYCLE

6:30pm (35 minutes)
TRX HIIT **NEW!**

WEDNESDAY

5:35am
BOOTCAMP

9:00am
T.B.C.

10:05am (45 minutes)
PILATES

5:30m (45 minutes)
INDOOR CYCLE

6:30pm (45minutes)
TRX

THURSDAY

5:35am-6:25am
HIIT/Core & Stretch

8:00am
TRX Strength &
Balance

9:00am
STEP 'N' SCULPT

9:00am
YOGA

10:05am (55 minutes)
BARRE

5:30pm (55 minutes)
PUMP-N-TONE

6:30pm (55 minutes)
YOGA

FRIDAY

5:35am
BOOTCAMP

5:35am
INDOOR CYCLE

8am
SENIOR STRENGTH

9:00am (45 minutes)
TRX STRENGTH

9:00am
PUMP-N-TONE

10:05am (45 minutes)
PILATES

SATURDAY

8:30am (45 minutes)
INDOOR CYCLE

9:30am (45 minutes)
INSTRUCTOR CHOICE

10:30am
ZUMBA

CLASS PACKAGES

\$30 Ten Classes
\$55 Quarterly
\$110 Semi-Annual

Packages are per individual member. Members may not share packages. Classes are for individuals 13 and older. Class schedules are subject to change. Each class must have a minimum of 3 participants for the class to be held.

FACILITY HOURS

Monday-Friday
5:05am-9:30pm
Saturday
7:30am-7pm
Sunday
10am-6pm

www.slcfac.com
616-847-5858

WATER GROUP EXERCISE



January 1, 2018-

March 31, 2018

MONDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

TUESDAY

8:00am

GENTLE WAVES (Shallow)

9:00am

WATER WARRIORS
(Deep Water)

5:45pm (45 minutes)

SHALLOW H2O

6:30pm (45 minutes)

DEEP WATER

WEDNESDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

THURSDAY

8:00am

GENTLE WAVES (Shallow)

9:00am

WATER WARRIORS
(Deep Water)

5:45pm (45 minutes)

SHALLOW H2O

6:30pm (45 minutes)

DEEP WATER

FRIDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

SATURDAY

8am

SWIM FIT

(Starts Saturday, January
13, 2018)

CLASS PACKAGES

\$30 Ten Classes

\$55 Quarterly

\$110 Semi-Annual

WEATHER ALERTS

If thunder or lighting are present, the SLCFAC will close pools, hot tub and steam sauna until 30 minutes after the last strike of lighting or thunder.

FACILITY HOURS

Monday-Friday

5:05am-9:30pm

Saturday

7:30am-7pm

Sunday

10am-6pm

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