



# CLASS SCHEDULE

Get Active, Make Friends & Have Fun!



## Monday

## FALL 2019 SEPTEMBER-DECEMBER

6:00-9:00 AM	Lap Swim	WLHS Community Pool	
3:00-9:00 PM	Walking Track*	WLHS Walking Track	
5:00 PM	Aqua Fit	WLHS Community Pool	Debbie
6:30 PM	Aqua Zumba	WLHS Community Pool	Silvana
7:30-9:00 PM	Open Swim	WLHS Community Pool	

## Tuesday

6:00-8:00 PM	Open Weight Room	WLHS	
6:00-8:00 PM	Walking Track*	WLHS Walking Track	
6:15 PM	Zumba	WLES Gym	Maria

## Wednesday

6:00-9:00 AM	Lap Swim	WLHS Community Pool	
5:00 PM	Aqua Fit	WLHS Community Pool	Debbie
6:15 PM	Trojan Fitness	WLHS Multipurpose Room	Amanda
3:00-8:00 PM	Walking Track*	WLHS Walking Track	
6:30-8:00 PM	Open Swim	WLHS Community Pool	

## Thursday

6:00 PM	Strong	WLES Cafeteria	Silvana
6:15 PM	Cardio Drumming	WLHS Multipurpose Room	Amanda
6:15 PM	Yoga	WLES Music Room	Linda

## Friday

6:00-9:00 AM	Lap Swim	WLHS Community Pool	
3:00-6:00 PM	Walking Track*	WLHS Walking Track	

## Saturday

9:00 AM	Aqua Fit	WLHS Community Pool	Debbie
9:00 AM	Strong	WLES Cafeteria	Silvana
1:00-4:00 PM	Open Swim	WLHS Community Pool	
1:00-4:00 PM	Walking Track*	WLHS Walking Track	

## Sunday

1:00-4:00 PM	Open Swim	WLHS Community Pool	
1:00-4:00 PM	Walking Track*	WLHS Walking Track	

**No classes on these dates:** 9/2, 10/11, 10/31, 11/28, 12/24, 12/25

\* Indoor walking track is not available during high school athletic events. Head to [www.whitmorelakeathletics.com](http://www.whitmorelakeathletics.com) for schedule.

# JOIN THE NEW TROJAN FIT CLUB!

## See Back for Details



# NEW! Trojan Fit Club Memberships

Includes all fitness classes –  
Attend as many as you want, when you want!

## Monthly Membership:

Adult: **\$45/mo.**

Student/Senior (60+)/WLPS Staff/Military: **\$40/mo.**

Seasonal Membership (Sept-Dec) 15% off:

Adults: **\$153**

Students/Senior (60+) /WLPS Staff/Military: **\$136**

**POOL ADD ON:** \$20/mo. (for programs listed in red)

Includes lap swim and open swims

## REGISTER ONLINE @ [WLPS.net/community-rec](http://WLPS.net/community-rec)

**Register online**, by phone @ **734.449.4461 x3057**, or visit the WLCR office outside the community pool at Whitmore Lake High School Monday, Wednesday, or Friday 2:00-6:00 PM to register and pay with check, cash, and credit card (Mastercard, Visa, Discover, and American Express).

Walk-Ins are \$10 per class.

**Attendance:** Please sign in at the beginning of every class.

**Class Cancellations:** When WLPS is closed, all morning programs are canceled. Decisions regarding evening programs made by 2 p.m. Classes will not be rescheduled.

## CLASS DESCRIPTIONS:

**Aqua Fit:** A class for everyone, especially for those with joint ailments or injuries. Get fit this with challenging water workout. You'll ease into the exercises using your own body weight, water resistance dumbbells, and other water equipment.

**Aqua Zumba:** Blends Zumba fun with natural water resistance for a safe, low-impact water-based workout that's cardio conditioning, body-toning, and a whole lot of fun!

**Cardio Drumming:** Combines music, rhythm, and movement for a full body workout. Must bring own ball, bucket and drum sticks.

**Lap Swim:** Lap lanes available for lap swimming.

**Open Swim:** Time in the pool for the whole family with limited lap swimming lanes available.

**Strong:** Music-led, HIIT workout that will get your body burning calories long after your workout, all synced to music to help motivate you to crush your fitness goals.

**Trojan Fitness:** This fitness group combines interval training, core strength, suspension and plyometric with strength and conditioning. Friendly for all fitness levels.

**Weight Room:** Free weights and weight machines available.

**Yoga:** Designed to align and calm your mind, body, and spirit. Friendly for all fitness levels.

**Zumba:** Join the fitness party in one fun-filled hour of calorie-burning, body-energizing, Latin rhythm inspired workout. The class motto is there are no mistakes in Zumba,

just accidental solos. The key is to have fun, get moving, get sweaty and get a little crazy. All fitness levels welcome.

## INSTRUCTORS:

**Amanda:** Certified group fitness and yoga instructor with over five years of experience. She doesn't take herself too seriously and encourages her students to make fitness fun!

**Debbie:** With nearly ten years of water aerobics experience, Debbie prides herself in providing a great low-impact workout friendly for all fitness levels.

**Linda:** Certified Yoga Alliance RYT-20 instructor and has been teaching yoga since 2013. She believes yoga is advantageous for everyone and provides individual attention and modifications of poses making her multi-level classes accessible to a wide range of students.

**Maria:** Certified Zumba instructor for five years. She loves to share her passion for dance and fun-infused fitness.

**Silvana:** Certified Aqua Zumba and Strong by Zumba instructor, Silvana's energy and enthusiasm is contagious. We challenge you to leave one of her classes without a smile on your face.

## LOCATIONS:

**WLHS:** 7430 Whitmore Lake Rd. Whitmore Lake, MI

**Community Pool:** Follow signs for community pool entrance.

**Multipurpose Room, Weight Room & Walking Track:** Enter in community pool entrance, take elevator to the second floor.

**WLES:** 1055 Barker Rd. Whitmore Lake, MI

Follow Us on Facebook! @WLCCommunityRecreation | (734) 449-4461 Ext. 3057 | [wlcinfo@wlps.net](mailto:wlcinfo@wlps.net)

Join our Trojan Fit Club Facebook Group for workout tips, healthy recipes & motivation!  
(Visit @WLCCommunityRecreation then click Groups)