



# CLASS SCHEDULE

*Get Active, Make Friends & Have Fun!*



Monday		WINTER 2020 JANUARY 2 - APRIL 30	
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
Tuesday			
4:00-4:45 PM	Cardio Drumming	WLES Cafeteria	Tiffany
6:30 PM	Circuit Training	WLHS Multipurpose Room	TBD
Wednesday			
6:00-9:00 AM	Lap Swim	WLHS Community Pool	
3:00-8:00 PM	Walking Track*	WLHS Walking Track	
5:00 PM	Aqua Fit	WLHS Community Pool	Debbie
6:15 PM	Zumba	WLES Cafeteria	Maria
Thursday			
6:15 PM	Yoga	WLES Music Room	Linda
Friday			
6:00-9:00 AM	Lap Swim	WLHS Community Pool	
6:15 AM	Fat Burn Yoga	WLHS Multipurpose Room	Amanda
3:00-6:00 PM	Walking Track*	WLHS Walking Track	
6:15 PM	Cardio Drumming	WLES Cafeteria	Tiffany
Saturday			
9:00 AM	Aqua Fit	WLHS Community Pool	Debbie
10:15 AM	Aqua Fit Turbo	WLHS Community Pool	Kelli
1:00-4:00 PM	Walking Track*	WLHS Walking Track	

**No classes on these dates:** 2/14, 4/10

\* Indoor walking track is not available during high school athletic events.

Please head to [www.whitmorelakeathletics.com](http://www.whitmorelakeathletics.com) for schedule.

## JOIN THE NEW TROJAN FIT CLUB!

### Trojan Fit Club Memberships

**Trojan Fit Club Memberships Fees:** Includes lap swim, use of the walking track and 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 (Jan-Apr) 15% off:**

Adults: **\$153**

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

## 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. | Students/Senior (60+)/WLPS Employee/Military: \$8.50 walk-ins**

**Classes subject to change. 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 with this challenging water workout. You'll ease into the exercises using your own body weight, water resistance dumbbells, and other water equipment. Monday and Wednesday classes share pool with WLHS swim team.

**Aqua Fit Turbo:** This low-impact deep-water cardio workout takes aqua fit up a notch, focusing on getting your heart rate jumping and toning your core. Great workout for all fitness levels.

**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 fun-filled full body workout. All equipment provided.

**Circuit Training:** This class will increase strength and burn fat with a fun and fast-paced workout. Friendly for all fitness levels. Anyone looking for a good sweat or to shake out of a training plateau will love this class.

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

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

**Fat Burn Yoga:** A vigorous, fitness-based approach to vinyasa-style yoga. This class connects strength and athleticism, putting an emphasis on strength and flexibility while adding that calming element to truly connect mind and body. Yoga mat required.

**Zumba:** Join the fitness party in one fun-filled hour of calorie-burning, body-energizing, Latin rhythm inspired work out. 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 welcoming, great low-impact workout friendly for all fitness levels.

**Kelli:** With 20 years of water aerobics experience, Kelli is excited to bring a new fitness format to the pool.

**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.

**Tiffany:** Having taught Cardio Drumming for four years, Tiffany loves that it is a workout for ANYONE! She loves the chance to push each other to be healthier all while becoming wonderful friends!

### 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)*