



CLASS SCHEDULE

Get Active, Make Friends & Have Fun!



Monday FALL 2021 SEPTEMBER-DECEMBER

6:00-9:00 AM	Lap Swim	WLHS Community Pool	NA
3:00-6:00 PM	Walking Track	WLHS	NA
7:00 PM	Circuit Training	WLHS Weight Room	Amanda

Tuesday

7:00-10:00 AM	Lap Swim	WLHS Community Pool	NA
5:00 PM	AquaFit	WLHS Community Pool	Debbie
5:00-6:00 PM	Walking Track	WLHS	NA

Wednesday

6:00-9:00 AM	Lap Swim	WLHS Community Pool	NA
3:00-6:00 PM	Walking Track	WLHS	NA
6:15 PM	Yoga	WLES Music Room	Linda

Thursday

7:00-10:00 AM	Lap Swim	WLHS Community Pool	NA
5:00 PM	AquaFit	WLHS Community Pool	Debbie
5:00-6:00 PM	Walking Track	WLHS	NA

Friday

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

Saturday

9:00 AM	Aqua Fit	WLHS Community Pool	Debbie
9:00-10:00 AM	Walking Track	WLHS	NA
1:00-3:00 PM	Walking Track	WLHS	NA

Sunday

6:30 PM	Aqua Fit Turbo	WLHS Community Pool	Amanda
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No classes on these dates: 9/6, 10/31, 11/25, 12/24, 12/25, 12/26, 12/31

Walking track not available during high school athletics. Head to www.whitmorelakeathletics.com for schedule.

JOIN THE TROJAN FIT CLUB!

Trojan Fit Club Memberships

Trojan Fit Club Membership includes unlimited lap swim, walking track, and fitness classes.
Plus a 5% discount on all other WLCR programs for the whole family!

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**

Drop-In Punch Cards (Expire Dec 2021)

6 Drop-ins: **\$40/mo.** 12 Drop-ins: **\$90/mo.**

REGISTER ONLINE @ 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).

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 friendly-for-all-levels water workout. You'll ease into the exercises using your own body weight, water resistance dumbbells, and other water equipment.

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

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

Lap Swim: Lap lanes available for lap swimming. Must reserve a lane/time in advance.

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

Walking Track: Come enjoy the indoor track on the second floor of WLHS. 12 times around is a mile. Strollers 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!

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.

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

LOCATIONS:

WLHS: 7430 Whitmore Lake Rd. Whitmore Lake, MI

Community Pool: Follow signs for 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

WHICH MEMBERSHIP IS THE RIGHT FIT?

Options	Price per class based on number of classes/lap swims you attend per week					
	1	2	3	4	5	6
6 Drop-In Pass	\$8	\$8	\$8	\$8	\$8	\$8
12 Drop-In Pass	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50	\$7.50
Adult Monthly	\$11.25	\$5.63	\$3.75	\$2.83	\$2.25	\$1.88
Adult Seasonal	\$9.56	\$4.79	\$3.19	\$2.39	\$1.91	\$1.60
Student/Military/ Student/ WLPSP Staff Monthly	\$10	\$5	\$3.33	\$2.50	\$2	\$1.67
Student/Military/ Student/ WLPSP Staff Seasonal	\$8.50	\$4.25	\$2.83	\$2.13	\$1.70	\$1.42

Follow Us on Facebook! @WLCCommunityRecreation | (734) 449-4461 Ext. 3057 | wlcinfo@wlp.net

Join our Trojan Fit Club Facebook Group for workout tips, healthy recipes & motivation!

(Visit @WLCCommunityRecreation then click Groups)