



CLASS SCHEDULE

Get Active, Make Friends & Have Fun!



Monday			
3:00-6:00 PM	Walking Track	WLHS	NA
6:30 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	WLHS Music Room	Linda
6:30 PM	Cardio Walk Fitness	WLHS Gym	NA
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			
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

No classes on these dates: 05/30, 07/04

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 (May-August) 15% off:

Adults: **\$153**

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

Drop-In Punch Cards (Expire Dec 2022)

6 Drop-ins: **\$50/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.

Cardio Walk Fitness: In this walking-based cardio class you will burn calories, increase your endurance and have fun, all while getting in your steps for the day! This class is more than just a stroll around the block. You'll use lots of different muscles while moving to fun upbeat music. There are no steps to remember or tricky choreography, so this class is perfect for everyone!

Circuit Training: In circuit training you will move through different stations, each one focusing on different muscle groups and areas of the body. Each station involves cardio, lower body, upper body and core exercises. Each station will offer modifications to make the exercises easier or more difficult so you can choose your own adventure! This class is great for all fitness levels so don't be intimidated!

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

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

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

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.

Amy: With over 47 years of Aquatic experience, Amy's bright and friendly personality makes water aerobics a fun, social exercise class that is a mid to high level intensity workout. She always changes up the routine, focusing on different muscle groups while encouraging everyone to sing along to her awesome music mixes!

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/ WLPS Staff Monthly	\$10	\$5	\$3.33	\$2.50	\$2	\$1.67
Student/Military/ Student/ WLPS Staff Seasonal	\$8.50	\$4.25	\$2.83	\$2.13	\$1.70	\$1.42

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

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

(Visit @WLCommunityRecreation then click Groups)