

# Whitmore Lake Community Recreation

## Summer 2023 | Trojan Fit Club Info Sheet

Classes run May 1 - Aug 31, 2023

### ALL LAP SWIM IN MAY IS 7 AM to 10 AM

#### Monday

6 am - 9 am	Lap Swim	WLHS Community Pool	NA
6 am - 9 am	Walking Track	WLHS Upper Gym	NA
	(starts June 12, 2023)		
5 pm - 8 pm	Walking Track	WLHS Upper Gym	NA
6:30 - 7:30 pm	Circuit Training	Weight Room Upper Gym	Amanda

#### Tuesday

6 am - 9 am	Lap Swim	WLHS Community Pool	NA
6 am - 9 am	Walking Track	WLHS Upper Gym	NA
	(starts June 12, 2023)		
5 pm - 8 pm	Walking Track	WLHS Upper Gym	NA
5 pm - 6 pm	Aqua Fit	WLHS Community Pool	Debbie
6:30 pm - 7:30 pm	Cardio Drumming	WLES Gym	Amanda

#### Wednesday

6 am - 9 am	Lap Swim	WLHS Community Pool	NA
6 am - 9 am	Walking Track	WLHS Upper Gym	NA
	(starts June 12, 2023)		
5 pm - 8 pm	Walking Track	WLHS Upper Gym	NA
6:30 pm - 7:30 pm	Yoga	WLES Music Room	Linda
6:30 pm - 7:30 pm	Cardio Walking	WLES Gym	Amanda
	(through May 31, 2023)		

#### Thursday

6 am - 9 am	Lap Swim	WLHS Community Pool	NA
6 am - 9 am	Walking Track	WLHS Upper Gym	NA
	(starts June 12, 2023)		
5 pm - 8 pm	Walking Track	WLHS Upper Gym	NA
5 pm - 6 pm	Aqua Fit	WLHS Community Pool	Debbie

#### Friday

6 am - 9 am	Lap Swim	WLHS Community Pool	NA
6 am - 9 am	Walking Track	WLHS Upper Gym	NA
	(starts June 12, 2023)		
5 pm - 8 pm	Walking Track	WLHS Upper Gym	NA

#### Saturday

9 am - 10 am	Aqua Fit	WLHS Community Pool	Debbie
1 pm - 3 pm	Lap Swim/Open Swim	WLHS Community Pool	NA

## SCHEDULE NOTES:

- ALL LAP SWIM IN MAY IS 7 AM to 10AM
- The **pool will be closed** for the new filtration system installation from **May 22 - June 11, 2023**.
- No pool classes July 3 - 7, 2023.
- No Circuit Training on July 10, 2023.
- Walking track is not available during school hours or Varsity Athletic events.
  - Head to [www.whitmorelakeathletics.com](http://www.whitmorelakeathletics.com) for the schedule.
- For the most current offerings and WLCR calendar: [WLCR Calendar](#)

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!

### Trojan Fit Club Memberships

Seasonal Membership (May-August) 15% off:

Adults: \$155

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

Monthly Membership:

Adult: \$50/mo

Student/Senior (60+)/WLPS Staff/Military: \$45/mo

Drop-In Punch Cards (Expire Aug 2023. No exceptions)

6 Drop-ins: \$55/mo    12 Drop-ins: \$100/mo

### How to Register

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).
- 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.

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

**Cardio Drumming:** This fitness class has the FUN and WOW principals in motion! Come get a great cardio and strength workout while drumming and moving to the most excellent playlists.

**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.

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)

**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 for you? Price per class based on number of classes/lap swims you attend per week

Options	1	2	3	4
6 Drop-In Pass	\$10	\$10	\$10	\$10
12 Drop-In Pass	\$8.33	\$8.33	\$8.33	\$8.33
Adult Seasonal	\$9.69	\$4.84	\$3.22	\$2.42
Senior/Military/ Student/ WLPS Staff Seasonal	\$8.50	\$4.25	\$2.83	\$2.13
Adult Monthly	\$12.50	\$6.25	\$4.16	\$3.12
Senior/Military/ Student/ WLPS Staff Monthly	\$11.25	\$5.62	\$3.75	\$2.81