







OCTOBER

LAND GROUP FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am INDOOR GROUP CYCLING LORRIE	9am LesMills® BodyVive JULIE	9am INDOOR GROUP CYCLING JULIE	9am Pound HALEEMAH	9am LesMills® BodyVive LORRIE	9am INSANITY HALEEMAH	8:45am Yoga MONIFE'
10am LesMills® BodyPump LORRIE	10am Zumba JULIE	10am Strictly Strength JULIE	10am INSANITY HALEEMAH	10am LesMills® BodyPump LORRIE	10am YOGA TINA	10am Strictly Strength TRACEY
	12pm P.A.C.E CAROLYN		12pm P.A.C.E CAROLYN	11am LesMills® BodyFlow HALEEMAH/JULIE		
	CLASSES	EVENING	CLASSES	EVENING	CLASSES	
6pm Pound HALEEMAH	6pm Yoga SATWANT	6pm INDOOR GROUP CYCLING TRACEY	6pm Yoga TINA			
7pm Classic Step TRACEY	7pm Circuit Training TRACEY	7pm POUND HALEEMAH	7pm INDOOR GROUP CYCLING BARRIE			
8pm YOGA MONIFE'		8pm Zumba ROWENA	8pm Strictly Strength TRACEY			ALL CLASSES ARE 55 MINUTES

FITNESS CENTER HOURS

Monday - Friday 6am -9pm
Saturday - Sunday 8am - 4pm



FAIRLAND SPORTS & AQUATICS COMPLEX

13950 Old Gunpowder Road
Laurel, MD 20707

301-362-6060 FAX 301-362-6061 TDD 301-362-6090

Lorrie Hinkle - Fitness Manager - 301-362-6080

CLASS DESCRIPTIONS

BODYPUMP: A weight class using light to moderate weights with lots of repetitions. The LesMills rep effect is scientifically proven to develop lean, athletic muscles. **All fitness levels*

BODYVIVE: Low impact, high energy cardio, balance, core, functional strength training, and stretching packed in a 55 minute class that leaves you fizzing with energy. **All fitness levels*

CIRCUIT TRAINING: A fast pace class that increases your strength and aerobic fitness level while burning lots of calories with high intensity circuits. **All fitness levels*

GROUP INDOOR CYCLING: A powerful cardiovascular workout challenging your aerobic and anaerobic thresholds through interval training Also strengthens and tones your hamstrings, buttocks and inner thighs.

INSANITY: High intensity training, plyometrics, fat burning cardio, body resistance. Modifications shown for all fitness levels

P.A.C.E.: An exercise program designed to improve strength, flexibility and range of motion. Exercises performed seated and/or standing. **Active adults*

PI-YO: Combines muscle sculpting, core firming benefits of Pilates with the flexibility and strength of yoga. **All fitness levels*

POUND: Fusion of movement and music using ripstix engineered for exercise, full body workout. **All fitness levels*

STEP AEROBICS: A fun and simple athletic workout using an adjustable step platform to step up & down to upbeat and energizing music. Increase/decrease the intensity by raising/lowering the height of your step. **All fitness levels!*

STRICTLY STRENGTH: Designed to improve strength and endurance in the major muscle groups while burning calories. **All fitness level*

YOGA: Connection between breath and postures which flow in a continuous, fluid and challenging combination of movements. **All fitness levels*

ZUMBA: A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective cardio fitness system! **All fitness levels*

CLASS FEES

DROP IN	\$7 / 10*	<i>SENIOR RATE (60+)</i>
10 CLASSES	\$60 / \$78*	DROP IN \$6 / \$8*
30 CLASSES	\$168 / \$219*	10 CLASSES \$50 / \$65*
		30 CLASSES \$138 / \$180*



CLASS POLICIES

Please Sign in and scan your Parks Direct card at the front desk
OR
 You may pay the drop in fee at the front desk
 Back to Back Classes are FREE
 (proceeding second class you do not need to scan)

S.A.F.E.

10 CLASSES	\$40 / \$52*
30 CLASSES	\$95 / \$124*