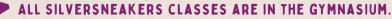
## GROUP FITNESS SCHEDULE

INCLUDED IN A FITPASS. FITPASSES ARE \$10 FOR 10 CLASSES AND CAN BE PURCHASED ANYTIME										
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
EARLY AM		7AM - 8AM CARDIO STEP		7AM - 8AM CARDIO STEP						
		8AM - 9AM BARRE	8AM - 9AM Cardio ab Blast	8AM - 9AM BARRE	8AM - 9AM FIT & TONE					
LATE AM	8AM - 9AM FIT & TONE	9AM - 10AM TRANQUIL YOGA		9AM - 10AM FUNK-TIONAL YOGA	9AM-10AM INDOOR CYCLING					
	9AM - 10AM "FUN2FIT ADVANCE CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM BARRE				
		10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT		10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT		10AM-11AM KICKSTART				
LUNCH	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH					
				12PM-1PM AFTERNOON DELIGHT YOGA						
PM	4:30PM - 5:30PM TOTAL BODY RESET	4:30PM - 5:30PM Tranquil Yoga	4:30PM - 5:30PM TOTAL BODY RESET	4PM-5PM FIT & TONE						
	5:30PM - 6:30PM POUND FITNESS	5:30PM - 6:30PM Zumba	5:30PM - 6:30PM POUND FITNESS	5PM-5:30PM 30 MINUTE AB BLAST						
	6:45PM - 7:45PM BODY GROOVE	6:30PM - 7:30PM FIT & TONE	6:45PM - 7:45PM PILATES FUSION							



ALL OTHER CLASSES ARE IN THE HCC FITNESS STUDIO UPSTAIRS.

SPACE IS LIMITED AND CLASSES ARE OPEN ON A FIRST COME FIRST SERVE BASIS.

OF GROUP FITNESS CLASE
DESCRIPTIONS!





## MAY AQUATIC GROUP FITNESS SCHEDULE

\*CLASSES DESIGNATED WITH AN ASTERISK ARE INCLUDED IN YOUR MEMBERSHIP. CLASSES WITHOUT AN ASTERISK ARE INCLUDED IN A FITPASS. FITPASSES ARE \$10 FOR 10 CLASSES AND CAN BE PURCHASED ANYTIME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY AM	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	5:30AM - 1:30PM "LAP SWIM HCC COMPETITION POOL	
LATE AM	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL	9AM - 9:45AM "AQUAFIT HCC LEISURE POOL	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL	9AM - 9:45AM "AQUAFIT HCC LEISURE POOL	9AM - 9:45AM "WATER THERAPY HCC LEISURE POOL	
	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL	10AM - 10:45AM "AQUAFIT HCC LEISURE POOL	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL	10AM - 10:45AM "AQUAFIT HCC LEISURE POOL	10AM - 10:45AM "WATER AEROBICS HCC LEISURE POOL	
LUNCH						
PM		5:30PM - 8:30PM "LAP SWIM HCC COMPETITION POOL		5:30PM - 8:30PM "LAP SWIM HCC COMPETITION POOL		
		5:45PM - 6:30PM "AQUAFIT HCC LEISURE POOL		5:45PM - 6:30PM "AQUAFIT HCC LEISURE POOL		

CHILD WATCH IS AVAILABLE SO YOUR KIDS CAN HAVE FUN WHILE YOU TAKE CARE OF YOURSELF!
VISIT WWW.SEDALIAPARKS.COM FOR CHILDCARE SCHEDULE AND DETAILS.