


# GROUP FITNESS

## GROUP EXERCISE DROP-IN SCHEDULE AT HECKART COMMUNITY CENTER

*\*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 at anytime.*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY AM	5:30am—1:30pm *Lap Swim @ HCC Competition Pool	5:30am—1:30pm *Lap Swim Competition Pool	5:30am—1:30pm *Lap Swim Competition Pool	5:30am—1:30pm *Lap Swim Competition Pool	5:30am—1:30pm *Lap Swim Competition Pool	
	6:00am—7:00am Bootcamp @HCC Fitness Studio		6:00am—7:00am Bootcamp @HCC Fitness Studio		6:00am—7:00am Bootcamp @HCC Fitness Studio	
LATE AM	9:00am—9:45am *Water Therapy @ HCC Leisure Pool	9:00am—10:00am Tranquil Yoga @ HCC Fitness Studio	9:00am—9:45am *Water Therapy @ HCC Leisure Pool	9:00am—10:00am Funk-tional Yoga @ HCC Fitness Studio	9:00am—10:00am *Classic Stretching & Core @ Gymnasium	
	10:00am—10:45am *Water Aerobics @ HCC Leisure Pool	9:00am—10:00am *Classic Stretching & Core @ Gymnasium	10:00am—10:45am *Water Aerobics @ HCC Leisure Pool	9:00am—10:00am *Classic Stretching & Core @ Gymnasium	9:00am—9:45am *Water Therapy @ HCC Leisure Pool	
	10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio	10:00am—10:45am AquaFit @ HCC Leisure Pool	10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio	10:00am—10:45am AquaFit @ HCC Leisure Pool	10:00am—10:45am *Water Aerobics @ HCC Leisure Pool	
		10:15am—11:15am *Sit n Fit @ Gymnasium		10:15am—11:15am *Sit n Fit @ Gymnasium	10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio	
LUNCH	12:00pm—12:30pm LunchCrunch @HCC Fitness Studio	12:00pm—1:00pm Intro to Weight Lifting @HCC Fitness Studio	12:00pm—12:30pm LunchCrunch @HCC Fitness Studio	12:00pm—1:00pm Intro to Weight Lifting @HCC Fitness Studio	12:00pm—12:30pm LunchCrunch @HCC Fitness Studio	
PM				5:15pm—6:15pm Evening Yoga @ HCC Fitness Studio	SPACE IS LIMITED AND CLASSES ARE OPEN TO A FIRST COME FIRST SERVE BASIS.  Child Watch is available so your kids can have fun while you take care of yourself! Visit <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> for childcare schedule.	  <b>Current schedule always posted at <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> 660.826.4930</b>
		5:30pm-6:30pm *Classic Stretching & Core @ HCC Fitness Studio		6:30pm—7:30pm Belly Dancing @ HCC Fitness Studio		
		5:30pm—8:30pm *Lap Swim Competition Pool		5:30pm—8:30pm *Lap Swim Competition Pool		
	5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio	5:45pm—6:30pm AquaFit @ HCC Leisure Pool	5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio	5:45pm—6:30pm AquaFit @ HCC Leisure Pool		