

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						
	7:00am-8:00am Step N Tone @ HCC Fitness Studio	7:00am—8:00am Bootcamp @HCC Fitness Studio	7:00am-8:00am Step N Tone @ HCC Fitness Studio	7:00am—8:00am Bootcamp @HCC Fitness Studio	7:00am-8:00am Step N Tone @ HCC Fitness Studio	
LATE AM	8:00am—9:00am CycleX @HCC Fitness Studio	9:00am—10:00am Tranquil Yoga @ HCC Fitness Studio	8:00am—9:00am CycleX @HCC Fitness Studio	9:00am—10:00am Funk-tional Yoga @ HCC Fitness Studio	8:00am—9:00am CycleX @HCC Fitness Studio	
		9:00am—10:00am *Classic Stretching & Core @ Gymnasium		9:00am—10:00am *Classic Stretching & Core @ Gymnasium		
		10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio		10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio		
		10:15am—11:15am *Sit n Fit @ Gymnasium		10:15am—11:15am *Sit n Fit @ Gymnasium		
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	5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio	3pm-4pm Kids in Motion @ HCC Fitness Studio	5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio	4pm-5pm Pilates @ HCC Fitness Studio		 <p>Current schedule always posted at www.sedaliaparks.com 660.826.4930</p>
	6:30pm-7:30pm Step N Tone @ HCC Fitness Studio	4pm-5pm Pilates @ HCC Fitness Studio	6:30pm-7:30pm Step N Tone @ HCC Fitness Studio	5:15pm—6:15pm Evening Yoga @ HCC Fitness Studio	6:30pm-7:30pm Step N Tone @ HCC Fitness Studio	
		6:30pm-7:30pm Zumba @ HCC Fitness Studio		6:30pm-7:30pm Zumba @ HCC Fitness Studio		
					<p>SPACE IS LIMITED AND CLASSES ARE OPEN TO A FIRST COME FIRST SERVE BASIS.</p> <p>Child Watch is available so your kids can have fun while you take care of yourself! Visit www.sedaliaparks.com for childcare schedule.</p>	

AQUATIC FITNESS

GROUP EXERCISE DROP-IN SCHEDULE AT HECKART COMMUNITY CENTER

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	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	
LATE AM	9:00am—9:45am 🌊 *Water Therapy 🌊 @ HCC Leisure Pool		9:00am—9:45am 🌊 *Water Therapy 🌊 @ HCC Leisure Pool		9:00am—9:45am 🌊 *Water Therapy 🌊 @ HCC Leisure Pool	
	10:00am—10:45am 🌊 *Water Aerobics 🌊 @ HCC Leisure Pool	10:00am—10:45am 🌊 AquaFit 🌊 @ HCC Leisure Pool	10:00am—10:45am 🌊 *Water Aerobics 🌊 @ HCC Leisure Pool	10:00am—10:45am 🌊 AquaFit 🌊 @ HCC Leisure Pool	10:00am—10:45am 🌊 *Water Aerobics 🌊 @ HCC Leisure Pool	
LUNCH						
PM		5:30pm—8:30pm 🌊 *Lap Swim 🌊 Competition Pool		5:30pm—8:30pm 🌊 *Lap Swim 🌊 Competition Pool	SPACE IS LIMITED AND CLASSES ARE OPEN TO A FIRST COME FIRST SERVE BASIS.	 Current schedule always posted at www.sedaliaparks.com 660.826.4930
		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.	