


Updated 9/9/2022

# 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 <b>Step N Tone</b> @ HCC Fitness Studio	7:00am—8:00am <b>Bootcamp</b> @HCC Fitness Studio	7:00am-8:00am <b>Step N Tone</b> @ HCC Fitness Studio	7:00am—8:00am <b>Bootcamp</b> @HCC Fitness Studio	7:00am-8:00am <b>Step N Tone</b> @ HCC Fitness Studio	
	8:15am-8:45am <b>*Silver Sneakers Boom Mind</b> @ HCC Fitness Studio	9:00am—10:00am <b>Tranquil Yoga</b> @ HCC Fitness Studio	8:15am-8:45am <b>*Silver Sneakers Boom Mind</b> @ HCC Fitness Studio	9:00am—10:00am <b>Funk-tional Yoga</b> @ HCC Fitness Studio	8:15am-8:45am <b>*Silver Sneakers Boom Mind</b> @ HCC Fitness Studio	
LATE AM		9:00am—10:00am <b>*Silver Sneakers Classic</b> @ Gymnasium	9:00am—10:00am <b>*Silver Sneakers Classic</b> @ Gymnasium	9:00am—10:00am <b>*Silver Sneakers Classic</b> @ Gymnasium	9:00am—10:00am <b>*Silver Sneakers Classic</b> @ Gymnasium	
		10:00am—11:00am <b>*Get Fit Aerobics</b> @ HCC Fitness Studio		10:00am—11:00am <b>*Get Fit Aerobics</b> @ HCC Fitness Studio		
		10:00am—11:00am <b>*Silver Sneakers Classic Light</b> @ Gymnasium		10:00am—11:00am <b>*Silver Sneakers Classic Light</b> @ Gymnasium		
LUNCH	12:00pm—12:30pm <b>LunchCrunch</b> @HCC Fitness Studio	12:00pm—1:00pm <b>Intro to Weight Lifting</b> @HCC Fitness Studio	12:00pm—12:30pm <b>LunchCrunch</b> @HCC Fitness Studio	12:00pm—1:00pm <b>Intro to Weight Lifting</b> @HCC Fitness Studio	12:00pm—12:30pm <b>LunchCrunch</b> @HCC Fitness Studio	
PM	5:30pm—6:30pm <b>POUND Fitness</b> @ HCC Fitness Studio	4:30pm-5:30pm <b>Tranquil Yoga</b> @ HCC Fitness Studio	5:30pm—6:30pm <b>POUND Fitness</b> @ HCC Fitness Studio			 <p>Current schedule always posted at <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> 660.826.4930</p>
		5:30pm-6:30pm <b>Zumba</b> @ HCC Fitness Studio		5:15pm—6:15pm <b>Evening Yoga</b> @ HCC Fitness Studio		
				6:30pm-7:30pm <b>Zumba</b> @ HCC Fitness Studio		
					<p><b>SPACE IS LIMITED AND CLASSES ARE OPEN TO A FIRST COME FIRST SERVE BASIS.</b></p> <p>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.</p>	

Updated 8/9/2022

# 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 🌊 AquaFit 🌊 @ HCC Leisure Pool	9:00am—9:45am 🌊 *Water Therapy 🌊 @ HCC Leisure Pool	9:00am—9:45am 🌊 AquaFit 🌊 @ 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 <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> 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 <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> for childcare schedule.	