


Updated 3/13/2023

# 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						
	<a href="#">7:00am-8:00am Step N Tone @ HCC Fitness Studio</a>	<a href="#">7:00am—8:00am Bootcamp @HCC Fitness Studio</a>	<a href="#">7:00am-8:00am Step N Tone @ HCC Fitness Studio</a>	<a href="#">7:00am—8:00am Bootcamp @HCC Fitness Studio</a>	<a href="#">7:00am-8:00am Step N Tone @ HCC Fitness Studio</a>	
LATE AM	<a href="#">8:00am-9:00am *Silver Sneakers Boom Mind @ HCC Fitness Studio</a>	<a href="#">9:00am—10:00am Tranquil Yoga @ HCC Fitness Studio</a>	<a href="#">8:15am-8:45am *Silver Sneakers Boom Mind @ HCC Fitness Studio</a>	<a href="#">9:00am—10:00am Funk-tional Yoga @ HCC Fitness Studio</a>	<a href="#">8:15am-8:45am *Silver Sneakers Boom Mind @ HCC Fitness Studio</a>	<a href="#">New Barre Intensity! This class is on a pop-up schedule. Please see website or flyer for more information on this class.</a>
	<a href="#">9:00am-10:00am *Fun2Fit Advance Classic @ HCC Fitness Studio</a>	<a href="#">9:00am—10:00am *Silver Sneakers Classic @ Gymnasium</a>	<a href="#">9:00am—10:00am *Silver Sneakers Classic @ Gymnasium</a>	<a href="#">9:00am—10:00am *Silver Sneakers Classic @ Gymnasium</a>	<a href="#">9:00am—10:00am *Silver Sneakers Classic @ Gymnasium</a>	
		<a href="#">10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio</a>		<a href="#">10:00am—11:00am *Get Fit Aerobics @ HCC Fitness Studio</a>	<a href="#">9:00am—10:00am Indoor Cycling @ HCC Fitness Studio</a>	
		<a href="#">10:00am—11:00am *Silver Sneakers Classic Light @ Gymnasium</a>		<a href="#">10:00am—11:00am *Silver Sneakers Classic Light @ Gymnasium</a>		
		<a href="#">11:00am-12:00pm *Tai Chi @ HCC Fitness Studio</a>		<a href="#">11:00am-12:00pm *Tai Chi @ HCC Fitness Studio</a>		
LUNCH	<a href="#">12:00pm—12:30pm LunchCrunch @HCC Fitness Studio</a>	<a href="#">12:00pm—1:00pm Intro to Weight Lifting @HCC Fitness Studio</a>	<a href="#">12:00pm—12:30pm LunchCrunch @HCC Fitness Studio</a>	<a href="#">12:00pm—1:00pm Intro to Weight Lifting @HCC Fitness Studio</a>	<a href="#">12:00pm—12:30pm LunchCrunch @HCC Fitness Studio</a>	
PM	<a href="#">4:30pm-5:30pm Total Body Reset @ HCC Fitness Studio</a>	<a href="#">4:30pm-5:30pm Tranquil Yoga @ HCC Fitness Studio</a>	<a href="#">4:30pm—5:30pm Total Body Reset @ HCC Fitness Studio</a>	<a href="#">4:15pm-5:15pm Fit and Tone @ HCC Fitness Studio</a>		  Current schedule always posted at <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> 660.826.4930
	<a href="#">5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio</a>	<a href="#">5:30pm-6:30pm Zumba @ HCC Fitness Studio</a>	<a href="#">5:30pm—6:30pm POUND Fitness @ HCC Fitness Studio</a>	<a href="#">5:15pm—6:15pm Evening Yoga @ HCC Fitness Studio</a>		
		<a href="#">6:30pm-7:30pm Fit and Tone @ HCC Fitness Studio</a>				
					SPACE IS LIMITED AND CLASSES ARE OPEN ON A FIRST COME FIRST SERVE BASIS.	

Updated 1/13/23

# AQUATIC 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 🏊 <u>*Lap Swim</u> 🏊 @ HCC Competition Pool	5:30am—1:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool	5:30am—1:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool	5:30am—1:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool	5:30am—1:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool	
LATE AM	9:00am—9:45am 🏊 <u>*Water Therapy</u> 🏊 @ HCC Leisure Pool	9:00am—9:45am 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool	9:00am—9:45am 🏊 <u>*Water Therapy</u> 🏊 @ HCC Leisure Pool	9:00am—9:45am 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool	9:00am—9:45am 🏊 <u>*Water Therapy</u> 🏊 @ HCC Leisure Pool	
	10:00am—10:45am 🏊 <u>*Water Aerobics</u> 🏊 @ HCC Leisure Pool	10:00am—10:45am 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool	10:00am—10:45am 🏊 <u>*Water Aerobics</u> 🏊 @ HCC Leisure Pool	10:00am—10:45am 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool	10:00am—10:45am 🏊 <u>*Water Aerobics</u> 🏊 @ HCC Leisure Pool	
LUNCH						
PM		5:30pm—8:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool		5:30pm—8:30pm 🏊 <u>*Lap Swim</u> 🏊 Competition Pool	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.	  Current schedule always posted at <a href="http://www.sedaliaparks.com">www.sedaliaparks.com</a> 660.826.4930
		5:45pm—6:30pm 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool		5:45pm—6:30pm 🏊 <u>*AquaFit</u> 🏊 @ HCC Leisure Pool		

## STEP N TONE

- *Included in FitPass! 10 classes for \$10!*
- Monday, Wednesday, & Fridays @ 7am – 8am
- HCC

Spice up your cardio workout with a group Step-n-Tone class taught by certified instructor Angie Cook! With an adjustable step platform, this high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups. Step it up and down, over and around, to the sound of your favorite beats in this fast-paced session. The step class continues with firming stretches, and a cool-down period of relaxed breathing to ease your heart rate. This step workout suits people of all fitness levels. Determine your preferred step height to increase the workout intensity.

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# BOOT CAMP

- *Included in a FitPass*
- Tuesday & Thursdays @ 7am
- HCC Fitness Studio

Your cardiovascular and muscular fitness will be challenged in this class which incorporates calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session. Taught by certified instructor Jaymi Wells, you will leave feeling empowered and accomplished after finishing this class.

# SILVER SNEAKERS CLASSIC

- *Included in HCC Membership*
- Tuesday, Wednesday, Thursdays, and Fridays @ 9am-10am
- HCC Gymnasium

This class is designed for ages 55 plus; however, all adults with the desire to gain core strength are welcome to join. Guided by certified instructor and personal trainers Jaymi Wells and Laurie Browning, each participant will learn the importance of stretching and building core muscles for the improvement of body stability. With the aid of chairs, exercise balls, weights and bands, participants can safely and easily improve their core health for better stability and mobility helping to safe guard against injuries due to falling.

# SILVER SNEAKERS CLASSIC LIGHT

- *Included in HCC Membership*
- Tuesday & Thursdays @ 10:00am – 11:00am
- HCC Gymnasium

The design of our Silver Sneakers Classic Light class, taught by instructor Cindy Atkinson, is to work on increasing muscle strength, flexibility, and core strength to help your balance all while using your own body resistance, light weights, and exercise bands! Using a chair as an option, the class works with light weights and resistance bands to give you a workout without having to be on your feet. This lessens the impact of exercise on your joints. We recommend this class especially for those with arthritis, as this class has less pressure on joints. This low-impact exercise is perfect for older adults to build strength and stay active.

# SILVER SNEAKERS BOOM MIND

- *Included in a membership*
- Mondays, Wednesdays, and Fridays @ 8:00am-9:00am
- HCC Fitness Studio

Do you like challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility, and endurance in convenient 30 minute workouts. BOOM MIND takes the best from yoga and Pilates and combines them into one fusion class, designed to relax the body and mind. This class is taught by certified instructor, Angie Cook.

# TRANQUIL YOGA

- *Included in a FitPass*
- Tuesdays @ 9am – 10am & 4:30pm – 5:30pm
- HCC Fitness Studio

A gentle class, taught by Rena Norman, focusing on flowing from pose to pose and linking the movement with the breath. The instructor will offer a variety of modifications to encourage participation of everyone. We do sitting, standing, and also suggest challenging variations to all levels based on their skills and abilities. This is a fun and non-intimidating class for all levels. Beginners welcome!

# FUNK-TIONAL YOGA

- *Included in a FitPass*
- Thursdays @ 9am – 10am
- HCC Fitness Studio

This class is a gentle, mindful practice for the body, mind and spirit. This nurturing, less strenuous style includes slow stretches to increase flexibility, balance, and range of motion. All postures are taught at a relaxed pace, linking breath and movement. Instructed by Nicci Funk. Any level of participant is warmly welcome.



# GET FIT AEROBICS

- *Included in HCC membership*
- Tuesday and Thursdays @ 10am – 11am
- HCC Fitness Studio

Take some of your favorite hits through the decades and apply them to some fun, fitness moves and what do you get? GET FIT AEROBICS! This class is designed for the adult that considers themselves to be at a moderate fitness level and wants to improve their cardio health and overall body wellness. Through choreographed songs and “kick up your heels” moves, each participant is sure to leave feeling energized and refreshed! Each class will be guided by certified instructor and personal trainer Rena Norman and is offered by HCC for adults of all ages.

## Benefits –

- Improved heart health\*
- Build/stabilize bone density\*
- Weight loss or stabilization \*
- Better balance and coordination\*
- Improved memory with learning repetitive movements\*
- Forming new friends!

*\*Consult your doctor before starting a new exercise routine*

# INDOOR CYCLING

- **\*Included in a FitPass 10 classes for \$10\***
- Fridays @ 9-10 am
- HCC Fitness Studio

This class will provide a structured workout that will benefit riders of all levels. Pedal through hill climbs, springs, and many other drill and exercises. Certified Spin Instructor, Adrienne Belliveau, is an experienced Cyclist and Triathlete that will deliver fun and challenging workouts that improve strength and aerobic fitness.

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# TAI CHI

- *Included in HCC membership*
- Tuesdays and Thursdays 11am-12pm
- HCC Fitness Studio

Tai Chi is ancient Chinese movements used for improving health. This beginner's class is accommodating of those of all levels and abilities. Participants will learn various Tai Chi poses and gain serenity through gentle, flowing poses and movements.

# LUNCH CRUNCH

- *\*Included in a FitPass\**
- Monday, Wednesday, and Fridays @12pm – 12:30pm
- HCC Fitness Studio

We are all crunched for time with our busy schedules. Join us for Lunch Crunch with this quick 30 minute class for all levels. Certified personal trainer Isaac Spilker will lead you through a series of both strength training and cardio full body movements that'll have you sweating and your muscles burning. Feel strong, powerful and accomplished during your lunch break!

# INTRO TO WEIGHTLIFTING

- *Included in a FitPass – space is limited*
- Tuesday & Thursdays @ 12:00pm – 1:00pm
- HCC Fitness Studio

A strength training program led by certified personal trainer, Isaac Spilker, this class is designed to build confidence, strength, and knowledge in all areas of the weight room. Become comfortable with a variety of equipment such as free weights, cables, and plate loaded pieces. Learn proper form for movements such as deadlifts, squat and bench press. If you're more experienced, this will allow you to refine your skills, and learn cues that will help encourage more efficient movement. We will focus on technique and how to make these lifts more efficient as well as other programmed exercises to develop muscles that will be beneficial to squatting, deadlifting, bench pressing, and strict pressing.

# POUND FITNESS

- *Included in FitPass*
- Monday & Wednesdays @5:30pm – 6:30pm
- HCC Fitness Studio

POUND® taught by certified instructors Dache Hunt and Ashley Wilson, is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you *become* the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

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# ZUMBA

- *\*Included in a FitPass\**
- Tuesdays @ 5:30pm – 6:30pm
- HCC Fitness Studio

Get ready to party yourself into shape! Zumba® is an exhilarating, easy-to-follow, international dance inspired, calorie-burning fitness-party™ that will leave you wanting more! Dance your way to a body you love. Taught by certified instructor Dache Hunt.

## EVENING YOGA

- *\*Included in a FitPass\**
- Thursdays @ 5:15pm – 6:15pm
- HCC Fitness Studio

A Vinyasa based class, taught by Nicci Funk, in which movement is linked with the breath, using a variety of postures to cultivate balance, strength, flexibility, and endurance, while also learning to quiet the mind to find inner stillness and peace. An optimal way to distress, reconnect with the body, and calm the mind after a hectic work day.



# BARRE INTENSITY

- **\*Included in FitPass\***
- Saturday January 28 @ 10am
- Wednesday February 1 @ 630pm
- Wednesday February 8 @630pm
- Wednesday February 15 @630pm
- HCC Fitness Studio

Barre Intensity combines attributes of Pilates, dance, and functional fitness training. We incorporate small isolated movement to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

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## FUN 2 FIT

- *Included in your membership!*
- Mondays @ 9:00am-10:00am
- HCC Fitness Studio

Take your Silver Sneakers Classic fitness to the next level with cardio, strength training, and stretching. Taught by certified instructor Laurie Browning this class will be Fun while you get Fit. (This class may do floor work.) Don't forget to come with a smile!

Begins Monday 2/6/2023 at 9am in the Fitness Studio.

# TOTAL BODY RESET

- *\*Included in a FitPass\**
- Mondays and Wednesdays @ 4:30pm – 5:30pm
- HCC Fitness Studio

Total Body Reset is a high-intensity physical training in which short periods of extremely demanding exercises are alternated with short periods of rest. This is a Tabata style workout class. The workouts have combination of upper body, lower body core and cardio segments. The class accommodates beginners, intermediate and advanced.

# FIT AND TONE

- *\*Included in a FitPass\**
- Tuesdays @ 6:30pm-7:30pm — upper body
- Thursdays @ 4:15pm – 5:15pm— lower body
- HCC Fitness Studio

Fit and Tone is segmented with cardio, core, upper body & lower body. It is designed to overload the muscles either upper body or lower body using free weights and body weights. The class is suitable for beginners, intermediate or advanced.

# INDOOR AQUATIC FITNESS

## LAPSWIM

- *\*Included in Membership\**
- Mondays-Fridays @5:30am-1:30pm, 5:30pm-8:30pm
- HCC Competition Pool

## AQUAFIT

*\*Included in Membership\**

Instructor: Chris Hewett

Tuesdays and Thursdays @9am, 10am, 5:45pm

HCC Leisure Pool

## WATER AEROBICS

*\*Included in Membership\**

Instructor: Renee Freeman

Monday, Wednesday, and Friday @10am – 10:45am

HCC Leisure Pool

## WATER THERAPY

*\*Included in Membership\**

Instructor: Cindy Atkinson & Jean Simon

Monday, Wednesday, and Friday @ 9am – 9:45am

HCC Leisure Pool

# OUTDOOR AQUATIC FITNESS

## ADULT SWIM

- \$2.50 per day (or included in a 2023 Season Pass)
- Centennial Pool —Aug. 10<sup>th</sup>  
Daily 11am – 12:50 pm
- Liberty Pool—through Aug. 11th-28th and Sept. 3rd-6<sup>th</sup>  
Sun-Fri: 11am – 12:50 pm & Sat: 10-11:50 am

## WATER THERAPY

- Instructor: Cindy Atkinson
- June 14th – August 4<sup>th</sup>
- Tuesdays and Thursdays @6:15pm
- Centennial Pool
- \$5 per class
- \$40 for a 10 class punch pass good for outdoor water aerobics and water therapy

## DEEP WATER THERAPY

- Instructor: Cindy Atkinson
- June 18th, July 9th, July 30<sup>th</sup> @11am – 11:45am
- Liberty Pool
- \$5 per class

## WATER AEROBICS

- Instructor: Renee Freeman
- June 14th – August 2<sup>nd</sup>
- Tuesdays @11:30am
- Liberty Pool
- \$5 per class
- \$40 for a 10 class punch pass good for outdoor water aerobics and water therapy