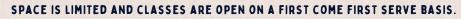
SEPTEMBER GROUP FITNESS SCHEDULE

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

| MONDAY | TUESDAY 7AM - 8AM CARDIO STEP | WEDNESDAY | THURSDAY 7AM - 8AM | FRIDAY | SATURDAY |
|--|---|---|--|--|--|
| | | | 7AM - 8AM | | The second second second second |
| | | | CARDIO STEP | | |
| | | 8AM - 9AM CARDIO AB BLAST | | 8AM - 9AM FIT & TONE LOWER BODY | |
| 8AM - 9AM FIT & TONE UPPER BODY | 9AM - 10AM TRANQUIL YOGA | 9AM - 10AM "FUN2FIT ADVANCE CLASSIC | 9AM - 10AM TRANQUIL YOGA | | |
| 9AM - 10AM "FUN2FIT ADVANCE CLASSIC | 9AM - 10AM "SILVERSNEAKERS CLASSIC | 9AM - 10AM "SILVERSNEAKERS CLASSIC | 9AM - 10AM "SILVERSNEAKERS CLASSIC | 9AM - 10AM "Silversneakers Classic | |
| 10AM - 11AM PILATES FUSION | 10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT | | 10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT | | 10AM-11AM KICKSTART |
| 12PM-12:30PM LUNCHCRUNCH | 12PM-1PM INTRO TO WEIGHTLIFTING | 12PM-12:30PM LUNCHCRUNCH | 12PM-1PM INTRO TO WEIGHTLIFTING | 12PM-12:30PM LUNCHCRUNCH | |
| 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY | 4:30PM - 5:30PM POWER YOGA | 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY | 4:30PM-5:30PM FIT & TONE | | |
| 5:30PM - 6:30PM POUND FITNESS | 5:30PM - 6:30PM ZUMBA | 5:30PM - 6:30PM POUND FITNESS | 2511211 3551 | | |
| 6:45PM - 7:45PM BODY GROOVE | 6:30PM - 7:30PM FIT & TONE UPPER BODY | 6:45PM - 7:45PM PILATES FUSION | | | |
| | FIT & TONE UPPER BODY 9AM - 10AM FUNZFIT ADVANCE CLASSIC 10AM - 11AM PILATES FUSION 12PM-12:30PM LUNCHCRUNCH 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY 5:30PM - 6:30PM POUND FITNESS 6:45PM - 7:45PM BODY GROOVE | FIT & TONE UPPER BODY 9AM - 10AM "FUN2FIT ADVANCE CLASSIC 10AM - 11AM PILATES FUSION 12PM-12:30PM LUNCHCRUNCH 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY 5:30PM - 6:30PM POUND FITNESS 13AM - 10AM "SILVERSNEAKERS CLASSIC 10AM - 11AM "SILVERSNEAKERS CLASSIC LIGHT 12PM-1PM INTRO TO WEIGHTLIFTING 4:30PM - 5:30PM POWER YOGA 5:30PM - 6:30PM ZUMBA 6:30PM - 7:30PM FIT & TONE | SAM - 9AM FIT & TONE UPPER BODY 9AM - 10AM TRANQUIL YOGA 9AM - 10AM "FUN2FIT ADVANCE CLASSIC 10AM - 11AM PILATES FUSION 12PM-12:30PM LUNCHCRUNCH 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY 5:30PM - 6:30PM POUND FITNESS 4:30PM - 6:30PM ZUMBA 6:45PM - 7:45PM BODY GROOVE PAM - 10AM "FUN2FIT ADVANCE CLASSIC 10AM - 10AM "SILVERSNEAKERS CLASSIC 12PM-10AM "SILVERSNEAKERS CLASSIC 12PM-12:30PM 12PM-12:30PM LUNCHCRUNCH 12PM-12:30PM LUNCHCRUNCH 12PM-12:30PM LUNCHCRUNCH 12PM-12:30PM 10TAL BODY RESET FULL BODY 5:30PM - 6:30PM ZUMBA 6:45PM - 7:45PM FIT & TONE UPPER BODY 6:45PM - 7:45PM FIT & TONE UPPER BODY 6:45PM - 7:45PM FIT & TONE UPPER BODY | 8AM - 9AM FIT & TONE UPPER BODY 9AM - 10AM TRANQUIL YOGA 9AM - 10AM "FUNZFIT ADVANCE CLASSIC 10AM - 11AM PILATES FUSION 10AM - 11AM SILVERSNEAKERS CLASSIC LIGHT 12PM-12:30PM LUNCHCRUNCH 4:30PM - 5:30PM TOTAL BODY RESET FULL BODY 5:30PM - 6:30PM POUND FITNESS 4:30PM - 7:45PM BODY GROOVE 10AM - 7:30PM FIT & TONE UPPER BODY 10AM - 10AM POUND FITNESS 9AM - 10AM FUNZFIT ADVANCE CLASSIC 10AM - 10AM SILVERSNEAKERS CLASSIC CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC LIGHT 12PM-12:30PM INTRO TO WEIGHTLIFTING 12PM-12:30PM LUNCHCRUNCH INTRO TO WEIGHTLIFTING 4:30PM - 5:30PM FIT & TONE LOWER BODY FOUND FITNESS 6:45PM - 7:45PM BODY GROOVE 10AM - 10AM FUNZFIT ADVANCE TRANQUIL YOGA 9AM - 10AM FUNZFIT ADVANCE TRANQUIL YOGA 10AM - 11AM SILVERSNEAKERS CLASSIC CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC 10AM - 10AM SILVERSNEAKERS CLASSIC 10AM - 10AM SILVERSNEAKERS CLASSIC 10AM - 10AM SILVERSNEAKERS CLASSIC 10AM - 11AM SILVERSNEAKERS CLASSIC 10AM - 10AM SILVERSNEAKERS CLASSIC 10A | SAM - 9AM FIT & TONE UPPER BOOTY PAM - 10AM FUNZFIT ADVANCE CLASSIC PAM - 10AM |



ALL OTHER CLASSES ARE IN THE HCC FITNESS STUDIO UPSTAIRS.



SCAN ME FOR A FULL LIS OF GROUP FITNESS CLASS DESCRIPTIONS!





SEPTEMBER 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.