

# NOVEMBER 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	5AM - 6AM RISE & GRIND	7AM - 8AM CARDIO STEP	5AM - 6AM RISE & GRIND	7AM - 8AM CARDIO STEP	5AM - 6AM RISE & GRIND	
	6:30AM - 7:30AM POWER HOUR	8:00AM - 9:00AM BARRE	8AM - 9AM CARDIO AB BLAST	8:00AM - 9:00AM BARRE	8AM - 9AM FIT & TONE LOWER BODY	8AM - 9AM KIMZ CARDIO DANCE NOV 9TH & 23RD ONLY
LATE AM	8AM - 9AM FIT & TONE UPPER BODY	9AM - 10AM TRANQUIL YOGA	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM TRANQUIL YOGA	9AM - 10AM INDOOR CYCLING	9AM - 10AM PILATES FUSION
	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 FLOW YOGA	
LUNCH	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	
PM	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 LOWER BODY		
	5:30PM - 6:30PM POUND FITNESS	5:30PM - 6:30PM ZUMBA	5:30PM - 6:30PM POUND FITNESS			
		6:30PM - 7:30PM FIT & TONE UPPER BODY				

➔ ALL SILVERSNEAKERS CLASSES ARE IN THE GYMNASIUM.

➔ ALL OTHER CLASSES ARE IN THE HCC FITNESS STUDIO UPSTAIRS.

SPACE IS LIMITED AND CLASSES ARE OPEN ON A FIRST COME FIRST SERVE BASIS.

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



# NOVEMBER

## 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](http://WWW.SEDALIAPARKS.COM) FOR CHILDCARE SCHEDULE AND DETAILS.

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