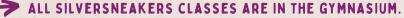
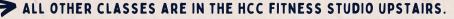
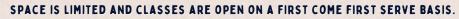
JANUARY GROUP FITNESS SCHEDULE

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

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		5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND	8AM - 9AM KIMZ CARDIO DANCE JAN 25 ONLY			
	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 POWER HOUR JAN 4, 11, & 18 ONLY			
LATE AM	8AM - 9AM FIT & TONE UPPER BODY	9AM - 10AM ZUMBA	9AM - 10AM "FUN2FIT ADVANCE CLASSIC	9AM - 10AM ZUMBA	9AM - 10AM INDOOR CYCLING	9AM - 10AM BARRE			
	9AM - 10AM "FUN2FIT ADVANCE CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC	9AM - 10AM "SILVERSNEAKERS CLASSIC				
	10AM - 11AM CARDIO STEP	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 FIT N TONE UPPER BODY	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 POWER YOGA	5:30PM - 6:30PM SPIN SPARK	5:30PM - 6:30PM BARRE					













JANUARY 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.