

# APRIL 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
<b>EARLY AM</b>	5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND	8AM - 9AM POWER HOUR APR 12 & 19 ONLY
	6:30AM - 7:30AM POWER HOUR	8:00AM - 9:00AM POWER HOUR	8AM - 9AM CARDIO AB BLAST		8AM - 9AM FIT & TONE LOWER BODY	
<b>LATE AM</b>	8AM - 9AM FIT & TONE UPPER BODY	9AM - 10AM FUNCTIONAL FITNESS	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM FUNCTIONAL FITNESS	9AM - 10AM INDOOR CYCLING	
	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	
<b>LUNCH</b>	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-12:30PM LUNCHCRUNCH	
<b>PM</b>	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			

➔ 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!



# APRIL

## 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
<b>EARLY AM</b>	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	
<b>LATE AM</b>	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	
<b>LUNCH</b>						
<b>PM</b>		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.**