

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		5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND	8AM-9AM BARRE & SCULPT
		8AM - 9AM BARRE	8AM - 9AM BODY BREAKTHROUGH	8AM - 9AM BARRE	8AM - 9AM POWER STEP	9AM - 10AM MOVE & GROOVE 11/8 & 11/29 ONLY
LATE AM	8AM - 9AM FIT & TONE	9AM - 10AM CARDIO FUSION	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	9AM - 10AM INDOOR CYCLING	9AM - 10AM ZUMBA W/SKY 11/1 & 11/22 ONLY
	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	
	10AM - 11AM SILVERSNEAKERS CLASSIC	10AM - 11AM *SILVERSNEAKERS CLASSIC		10AM - 11AM *SILVERSNEAKERS CLASSIC	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	
	1:30PM - 2:30PM *SILVERSNEAKERS CLASSIC LIGHT	1:30PM - 2:30PM *SILVERSNEAKERS CLASSIC		1:30PM - 2:30PM *SILVERSNEAKERS CLASSIC		
PM	4:30PM - 5:30PM TOTAL BODY RESET	4:30PM - 5:30PM FIT N TONE	4:30PM - 5:30PM STRENGTH & SCULPT WITH ELIZABETH	4:30PM - 5:30PM STRENGTH & SCULPT WITH NIKKI		
		5:30PM-6:30PM BELLY DANCING	5:30PM - 6:30PM ZUMBA WITH SKY	5:30PM - 6:30PM YIN YOGA		

→ ALL CLASSES IN PURPLE ARE IN THE GYM.

→ 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 FOR CHILDCARE SCHEDULE AND DETAILS.

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