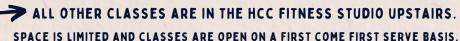
## NOVEMBER GROUP FITNESS SCHEDULE

\*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

INCLUDED IN A FITPASSES ARE STO FOR TO CLASSES AND CAN BE PURCHASED ANT TIME									
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					





OF GROUP FITNESS CLAS
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.