

**NO
CLASSES
24-26 &
31ST**

DECEMBER 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 FIT & TONE	8AM - 9AM BARRE	8AM - 9AM BODY BREAKTHROUGH	8AM - 9AM BARRE	8AM - 9AM POWER STEP	9AM - 10AM MOVE & GROOVE 12/13 & 12/27 ONLY
LATE AM	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	9AM - 10AM INDOOR CYCLING	9AM - 10AM ZUMBA W/SKY 12/6 & 12/20 ONLY
		9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	
	10AM - 11AM SILVERSNEAKERS CLASSIC	10AM - 11AM *SILVERSNEAKERS CLASSIC LIGHT		10AM - 11AM *SILVERSNEAKERS CLASSIC LIGHT	10AM - 11AM FLOW YOGA W/ JENNY	
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 LIGHT		1:30PM - 2:30PM *SILVERSNEAKERS CLASSIC LIGHT		
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!



DECEMBER

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.

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