NO CLASSES 24-26 & 31ST

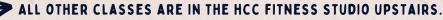
DECEMBER GROUP FITNESS SCHEDULE

HECKart Community Center

ASSES 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

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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 "FUNZFIT 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					







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.