

2026

FEBRUARY 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

HC Heckart
Community Center

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EARLY AM	5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND	
	8AM - 9AM FULL BODY STRENGTH RESET	8AM - 9AM BARRE	7:30AM-8AM CORE & SCULPT 30	8AM - 9AM BARRE	8AM - 9AM POWER STEP	9AM - 10AM MOVE & GROOVE 2/7 & 2/28 ONLY
LATE AM	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	8AM - 9AM BODY BREAKTHROUGH	9AM - 10AM CARDIO FUSION	9AM - 10AM INDOOR CYCLING	9AM - 10AM FIERCE HIP HOP 2/14 ONLY
		9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM ZUMBA W/SKY 2/21 ONLY
	10AM - 11AM SILVERSNEAKERS CLASSIC	10AM - 11AM *SILVERSNEAKERS CLASSIC LIGHT	9AM - 10AM *SILVERSNEAKERS CLASSIC	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 UPPER BODY STRENGTH	4:30PM - 5:30PM LOWER BODY STRENGTH	4:30PM - 5:30PM PILATES	4:30PM - 5:30PM STRENGTH & SCULPT WITH NIKKI		
	5:30PM - 6:30PM FIERCE HIP HOP	5:30PM-6:30PM BELLY DANCING	5:30PM - 6:30PM ZUMBA WITH SKY	5:30PM - 6:30PM YIN YOGA	5:30PM - 6:30PM FIERCE HIP HOP	

→ 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!



2026

FEBRUARY 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.