

2026

# MARCH 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
<b>EARLY AM</b>	5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND		5AM - 6AM RISE & GRIND	
	8AM - 9AM CARDIO FUSION	8AM - 9AM BARRE	7:30AM-8AM CORE & SCULPT 30	8AM - 9AM BARRE	8AM - 9AM POWER STEP	9AM - 10AM MOVE & GROOVE 3/21 ONLY
<b>LATE AM</b>	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	8AM - 9AM BODY BREAKTHROUGH	9AM - 10AM CARDIO FUSION	9AM - 10AM INDOOR CYCLING	9AM - 10AM DANCE FITNESS W/RUBY 3/7 & 3/28 ONLY
		9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM ZUMBA W/SKY 3/14 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	
<b>LUNCH</b>	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		
<b>PM</b>	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 DANCE FITNESS W/RUBY	5:30PM-6:30PM BELLY DANCING	5:30PM - 6:30PM ZUMBA WITH SKY	5:30PM - 6:30PM YIN YOGA	5:30PM - 6:30PM DANCE FITNESS W/RUBY	

➔ 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



# MARCH

## 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
<b>EARLY AM</b>	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	
<b>LATE AM</b>	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	
<b>LUNCH</b>						
<b>PM</b>		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](http://WWW.SEDALIAPARKS.COM) FOR CHILDCARE SCHEDULE AND DETAILS.**

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