

2026

# APRIL 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<br>RISE & GRIND                           |                                                     | 5AM - 6AM<br>RISE & GRIND                 |                                                     | 5AM - 6AM<br>RISE & GRIND                  |                                                       |
|          | 8AM - 9AM<br>CARDIO FUSION                          | 8AM - 9AM<br>BARRE                                  | 7:30AM-8AM<br>CORE & SCULPT 30            | 8AM - 9AM<br>BARRE                                  | 8AM - 9AM<br>CARDIO FUSION                 | 9AM - 10AM<br>DANCE FITNESS W/RUBY<br>4/4 & 4/25 ONLY |
| LATE AM  | 9AM - 10AM<br>*FUN2FIT ADVANCE<br>CLASSIC           | 9AM - 10AM<br>CARDIO FUSION                         | 8AM - 9AM<br>BODY BREAKTHROUGH            | 9AM - 10AM<br>CARDIO FUSION                         | 9AM - 10AM<br>INDOOR CYCLING               | 9AM - 10AM<br>ZUMBA W/SKY<br>4/11 ONLY                |
|          |                                                     | 9AM - 10AM<br>*SILVERSNEAKERS<br>CLASSIC            | 9AM - 10AM<br>*FUN2FIT ADVANCE<br>CLASSIC | 9AM - 10AM<br>*SILVERSNEAKERS<br>CLASSIC            | 9AM - 10AM<br>*SILVERSNEAKERS<br>CLASSIC   | 9AM - 10AM<br>MOVE & GROOVE<br>4/18 ONLY              |
|          | 10AM - 11AM<br>SILVERSNEAKERS<br>CLASSIC            | 10AM - 11AM<br>*SILVERSNEAKERS<br>CLASSIC LIGHT     | 9AM - 10AM<br>*SILVERSNEAKERS<br>CLASSIC  | 10AM - 11AM<br>*SILVERSNEAKERS<br>CLASSIC LIGHT     | 10AM - 11AM<br>FLOW YOGA W/ JENNY          |                                                       |
| LUNCH    | 12PM-12:30PM<br>LUNCHCRUNCH                         | 12PM-1PM<br>INTRO TO<br>WEIGHTLIFTING               | 12PM-12:30PM<br>LUNCHCRUNCH               | 12PM-1PM<br>INTRO TO<br>WEIGHTLIFTING               | 12PM-12:30PM<br>LUNCHCRUNCH                |                                                       |
|          | 1:30PM - 2:30PM<br>*SILVERSNEAKERS<br>CLASSIC LIGHT | 1:30PM - 2:30PM<br>*SILVERSNEAKERS<br>CLASSIC LIGHT |                                           | 1:30PM - 2:30PM<br>*SILVERSNEAKERS<br>CLASSIC LIGHT |                                            |                                                       |
| PM       | 4:30PM - 5:30PM<br>UPPER BODY STRENGTH              | 4:30PM - 5:30PM<br>LOWER BODY STRENGTH              | 4:30PM - 5:30PM<br>PILATES                | 4:30PM - 5:30PM<br>STRENGTH & SCULPT<br>WITH NIKKI  |                                            |                                                       |
|          | 5:30PM - 6:30PM<br>DANCE FITNESS<br>W/RUBY          | 5:30PM-6:30PM<br>BELLY DANCING                      | 5:30PM - 6:30PM<br>ZUMBA WITH SKY         | 5:30PM - 6:30PM<br>YIN YOGA                         | 5:30PM - 6:30PM<br>DANCE FITNESS<br>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

# APRIL

## AQUATIC GROUP FITNESS SCHEDULE

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| TIME     | MONDAY                                                | TUESDAY                                              | WEDNESDAY                                             | THURSDAY                                             | FRIDAY                                                | SATURDAY |
|----------|-------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------|----------|
| EARLY AM | 5:30AM - 1:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL  | 5:30AM - 1:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL | 5:30AM - 1:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL  | 5:30AM - 1:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL | 5:30AM - 1:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL  |          |
|          |                                                       |                                                      |                                                       |                                                      |                                                       |          |
| LATE AM  | 9AM - 9:45AM<br>*WATER THERAPY<br>HCC LEISURE POOL    | 9AM - 9:45AM<br>*AQUAFIT<br>HCC LEISURE POOL         | 9AM - 9:45AM<br>*WATER THERAPY<br>HCC LEISURE POOL    | 9AM - 9:45AM<br>*AQUAFIT<br>HCC LEISURE POOL         | 9AM - 9:45AM<br>*WATER THERAPY<br>HCC LEISURE POOL    |          |
|          | 10AM - 10:45AM<br>*WATER AEROBICS<br>HCC LEISURE POOL | 10AM - 10:45AM<br>*AQUAFIT<br>HCC LEISURE POOL       | 10AM - 10:45AM<br>*WATER AEROBICS<br>HCC LEISURE POOL | 10AM - 10:45AM<br>*AQUAFIT<br>HCC LEISURE POOL       | 10AM - 10:45AM<br>*WATER AEROBICS<br>HCC LEISURE POOL |          |
| LUNCH    |                                                       |                                                      |                                                       |                                                      |                                                       |          |
|          |                                                       |                                                      |                                                       |                                                      |                                                       |          |
| PM       |                                                       | 5:30PM - 8:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL |                                                       | 5:30PM - 8:30PM<br>*LAP SWIM<br>HCC COMPETITION POOL |                                                       |          |
|          |                                                       | 5:45PM - 6:30PM<br>*AQUAFIT<br>HCC LEISURE POOL      |                                                       | 5:45PM - 6:30PM<br>*AQUAFIT<br>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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