

2026

JULY 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 CARDIO FUSION	8AM - 9AM BARRE	7:30AM-8AM CORE & SCULPT 30	8AM - 9AM BARRE	8AM - 9AM CARDIO FUSION	9AM - 10AM ZUMBA W/SKY 7/18 & 7/25 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 MOVE & GROOVE W/TOBI 7/11 ONLY
		9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	9AM - 10AM *SILVERSNEAKERS CLASSIC	
	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-1PM INTRO TO WEIGHTLIFTING		12PM-1PM INTRO TO WEIGHTLIFTING		
	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 DANCE FITNESS	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	

➔ 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



JULY

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.**

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