2026

NOVEMBER GROUP FITNESS SCHEDULE

Heckart Community Center

*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		8AM - 9AM BARRE	8AM - 9AM CARDIO FUSION	9AM - 10AM DANCE FITNESS 11/14, 11/21 & 11/28 ONLY
LATE AM	9AM - 10AM *FUN2FIT ADVANCE CLASSIC	9AM - 10AM CARDIO FUSION	8AM - 9AM PILATES SCULPT	9AM - 10AM CARDIO FUSION	9AM - 10AM INDOOR CYCLING	9AM - 10AM ZUMBA W/SKY 11/7 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 MIDDAY MOBILITY W/ MIKE	12PM-1PM INTRO TO WEIGHTLIFTING	12PM-1PM MIDDAY MOBILITY W/ MIKE	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			
	5:30PM - 6:30PM DANCE FITNESS		5:30PM - 6:30PM ZUMBA WITH SKY		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

NOVEMBER

AQUATIC GROUP FITNESS SCHEDULE

Heckart Community Center

*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.

SPACE IS LIMITED AND CLASSES ARE OPEN ON A FIRST COME FIRST SERVE BASIS.