



GROUP FITNESS SCHEDULE Winter I 2022 (January 3-February 26)



Time/Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 AM	Step & Strength MPR		Step & Strength MPR	HCC Dance Team		
7:00-7:45 AM	Stretch & Balance MPR		Stretch & Core MPR	6 AM-7:45 AM	Gentle Stretch (7-7:30) MPR	
8:00-8:45 AM		Stretch MPR		Stretch MPR		
8:15-9:00 AM	Aqua Exercise Pool Shallow		Aqua Exercise Shallow Pool		Aqua Exercise Shallow Pool	
9:00-9:45 AM		Aqua Jogging Pool Deep	Deep Water Exercise Pool	Aqua Jogging Pool Deep	Deep Water Exercise Pool	
9:00-10:00 AM		Fit for Life MPR		Fit for Life MPR		Zumba MPR Room
9:30-10:15 AM						
10:30 - 11:30 AM		Yoga In-Person/Virtual		Yoga In-Person/Virtual		
10:30 - 11:15 AM	SS Circuit MPR/Virtual		SS Circuit MPR/Virtual			
4:45-6:00 PM			HCC Class MPR			
5:15-6:00 PM		Bodywork Shop MPR	HCC Class MPR			
5:30-6:30 PM	Boot Camp Lower Level		Boot Camp Lower Level			
5:30-6:15 PM		Aqua Wet Workout Pool	Aquarobics Pool	Aqua Wet Workout Pool		
5:30-6:30 PM	Yoga In-Person/Virtual					
6:15-7:45 PM		Tae Kwon Do Aux Gym		Tae Kwon Do Aux Gym		
6:30-7:30 PM		Zumba MPR		Zumba MPR		
NEW CLASS 	6:45-7:45 PM Thai Cardio Pads MPR		Thai Cardio Pads MPR			

**Group Fitness Classes are Free to Members. Members MUST register for classes.
*All classes are REQUIRED to have a minimum of 8 participants attending class.**

NOTE: Please be aware that our pool is a multi-use pool with several activities occurring at the same time.