



Time	Class	Instructor	Intensity
MONDAY			
8:30 am	Aqua Fit	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium - Heavy
TUESDAY			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Core	Natalie	Medium
WEDNESDAY			
8:30 am	Aqua ROM + E	Christy	Light - Medium
10:30 am	Aqua Core + Yoga	Kyle	Medium
THURSDAY			
10:30 am	Aqua Fit	Kyle	Medium
5:30 pm	Aqua Amp	Todd	Medium - Heavy
FRIDAY			
8:30 am	Aqua Core + Yoga	Kyle	Medium
10:30 am	Aqua AMP	Kyle	Medium
SATURDAY			
8:45 am	Aqua Zumba®	Amy/Dena	Medium

Get Moving Arkansas | October 4
 All group exercise and aquatic classes offered after 8:00 am are cancelled on Friday, October 4. The HFC staff will be leading stations at Get Moving Arkansas.

Halloween Play Center Hours & Trick-or-Treat
 The Play Center will offer trick-or-treating on Thursday, October 31 from 9:00 am – 11:30 am. Attendants will take all children checked-in at the Play Center around different areas of the HFC.

Please note that the Play Center will be closed for the afternoon/evening shift on Halloween.

Aqua AMP | 45-min format | This class offers a strength circuit designed to work all your major muscle groups.

Aqua Fit | 45-minute format | This multi-level aqua workout offers both cardiovascular and muscle conditioning using the waters resistance for a full body workout.

Aqua Core | 45-minute format | This workout is designed to tone and sculpt the body, while strengthening your core. Aqua Core + Yoga offers 30-minutes of core, followed by 15-minutes of yoga.

Aqua ROM+E | 45-minute format | This low impact class will focus on range of motion for the entire body while elevating your heart rate in a controlled manner. Great for beginners or individuals with arthritis and/or fibromyalgia.

Aqua Zumba® | 45-minute format | This class offers a low impact, high energy aquatic exercise class blending the Zumba® philosophy with water resistance to offer a pool party you won't want to miss.

*Kids age 11-13 may attend classes with parent

*The schedule is subject to change based on attendance & instructor availability