



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

Holiday Hours & Fitness Offerings
 We will be open from 5:00 am – 1:00 pm on **Tuesday, December 24**. The Play Center will be closed, and no group exercise or aquatic classes will be offered.
 The HFC will be closed on **Wednesday, December 25**, in observance of Christmas.
 On **Thursday, December 26**, the HFC will be open regular business hours. A special lineup of classes will be offered: 8:45 am 360 Strength with Amanda | 10:00 am Unwind Yoga with Amanda | 10:30 am Aqua Amp with Kyle | 6:00 pm Zumba with Dena.
 On **Tuesday, December 31**, the HFC will be open from 5:00 am – 1:00 pm and the Play Center will be open 8:00 am – 12:45 pm. All regularly scheduled morning classes will be offered. The HFC will be closed on **New Year's Day**.

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