

SOCIAL HALL

Weekly Schedule

Live Classes

Fitness on Demand

MONDAY

SilverSneakers | 8am
Total Toning | 9:30am
Get Fit Boot Camp | 5pm
Martial Arts Youth | 7pm

L1FT | 6am
HIIT | 12pm
HIIT | 12:30pm

TUESDAY

Total Toning | 9:30am
Turbo Kick | 5pm
P90x | 6pm
Spinning | 7pm

Spin | 7am
Spin | 12pm
Spin | 12:30pm
HIIT | 8pm

WEDNESDAY

SilverSneakers | 8am
Total Toning | 9:30am
Get Fit Boot Camp | 5pm
Martial Arts Adult | 7pm

L1FT | 6AM
HIIT | 12pm
HIIT | 12:30pm

THURSDAY

Total Toning | 9:30am
Turbo Kick | 5pm
P90x | 6pm

Spin | 7am
Spin | 12pm
Spin | 12:30pm
Spin | 7pm
HIIT | 8pm

FRIDAY

SilverSneakers | 8am

L1FT | 6am
HIIT | 12pm
HIIT | 12:30pm
Cardio Move | 6pm
L1ft | 7pm

SATURDAY

Martial Arts Adult | 10am
Martial Arts Youth | 11am

Spin | 9am

SUNDAY

Open

Patrons may use any available opening.

However, please remember that HCC programs, leagues, & rentals will have priority.

Please be courteous if asked to be moved.
This schedule can change without advanced notice.



HARRISONVILLE
Parks & Recreation