

SOCIAL HALL

Weekly Schedule

Live Classes

Fitness on Demand

MONDAY

SilverSneakers | 8am
Strength & Body Circuit | 6pm
Martial Arts Youth | 7pm

Total Body | 12:15pm
Total Body | 12:45pm

TUESDAY

Turbo Kick | 5pm
P90x | 6pm
Spinning | 7pm

Kickbox Fast Fix | 12:15pm
Kickbox Fast Fix | 12:45pm
Kickbox Fast Fix | 8:15pm

WEDNESDAY

SilverSneakers | 8am
Strength & Body Circuit | 6pm
Martial Arts Adult | 7pm

Total Body | 12:15pm
Total Body | 12:45pm

THURSDAY

Turbo Kick | 5pm
P90x | 6pm

Kickbox Fast Fix | 12:15pm
Kickbox Fast Fix | 12:45pm
Kickbox Fast Fix | 7:15pm

FRIDAY

SilverSneakers | 8am

Total Body | 12:15pm
Total Body | 12:45pm

SATURDAY

Hit, Kick & Be Fit | 9am
Martial Arts Adult | 10am
Martial Arts Youth | 11am

Patrons may use any available opening.

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

SUNDAY

Open

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

