

# February - Social Hall

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>2</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>3</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>4</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>5</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>6</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
<b>7</b> Open	<b>8</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Youth Martial Arts 7pm-8pm	<b>9</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>10</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm Adult Martial Arts 7pm-8pm	<b>11</b> HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	<b>12</b> SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	<b>13</b> Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
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<b>28</b> 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.