

FITNESS STUDIO

Weekly Schedule

Live Classes

MONDAY

Jazzercise | 5:30am
Flex & Flow | 10:45am
Zumba | 6pm

TUESDAY

Group Centergy | 9:30am
Jazzercise | 6pm
Spinning | 7:15pm

WEDNESDAY

Jazzercise | 5:30am
Flex & Flow | 10:45am
Zumba | 6pm

THURSDAY

Group Centergy | 9:30am
Jazzercise | 6pm

FRIDAY

Jazzercise | 5:30am
Flex & Flow | 10:45am
Jazzercise | 6pm

SATURDAY

Jazzercise | 8:15am

SUNDAY

Jazzercise | 3pm

Fitness on Demand

Pilates | 12:15pm
Pilates | 12:45pm
Yoga | 7:10pm

Yoga | 6:30am
Cycling | 7:15am
Cycling | 12:15pm | 12:45pm
Pilates | 8:15pm

Pilates | 12:15pm
Pilates | 12:45pm
Yoga | 7:10pm

Yoga | 6:30am
Cycling | 7:15am
Cycling | 12:15pm | 12:45pm
Pilates | 8:15pm

Pilates | 12:15pm
Pilates | 12:45pm
Yoga | 7:10pm

Yoga | 7:15am
Cycling | 10:45am

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.