

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 2021 Social Hall					Jan., 1st New Year's Day Closed	2 Group Active 9:30am-10:30am Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
3 Open	4 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	5 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	6 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	7 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	8 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	9 Group Active 9:30am-10:30am Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
10 Open	11 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	12 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	13 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	14 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	15 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	16 Group Active 9:30am-10:30am Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
17 Open	18 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	19 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	20 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	21 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	22 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	23 Group Active 9:30am-10:30am Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
24 Open	25 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	26 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	27 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	28 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	29 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	30 Group Active 9:30am-10:30am Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
31 Open	<i>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.</i>					