

May - Social Hall 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
2 Open	3 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	4 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	5 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	6 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	7 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	8 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
9 Open	10 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	11 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	12 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	13 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	14 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	15 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable
16 HVAC DUCT REPAIRS Second Floor Temporarily Unavailable	17 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	18 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	19 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	20 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	21 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	22 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
23 Open	24 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	25 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	26 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	27 HIIT 5:10am-6:10am Kickbox Fast Fix 'FOD' 12:15-1:15pm HIIT 6pm-7pm Kickbox Fast Fix 'FOD' 7:15pm-7:45pm	28 SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm Strength & Body Circuit 6pm-7pm	29 Adult Martial Arts 10am -11am Youth Martial Arts 11am -12pm
30 Open	31 HOLIDAY HOURS 7AM-3PM MEMORIAL DAY SilverSneakers 8:30am-9:15am Group Active 9:30am-10:30am Total Body 'FOD' 12:15pm-1:15pm	<p><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></p>				