



# January Fitness Schedule



**Holland  
Community  
Aquatic Center**

Try our highlighted fitness class, Yoga,  
at 6:30am, on January 24, free of charge!

Mon	Tues	Wed	Thurs	Fri	Sat
	<b>1</b>  <b>Facility Closed</b>	<b>2</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>3</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>4</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>5</b>
<b>7</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	<b>8</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>9</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>10</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>11</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>12</b>
<b>14</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	<b>15</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>16</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>17</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>18</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>19</b>
<b>21</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	<b>22</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>23</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>24</b> <b>6:30am - Yoga</b> 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>25</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>26</b>  9:30am - Yoga
<b>28</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	<b>29</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>30</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>31</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	Visit a class for a drop-in fee of \$11 per class OR register for our monthly fitness package and receive unlimited classes! HCAC member? Ask about our member discounts and save over 50%! *Water Works is not included in the monthly fitness package.	