



# February Fitness Schedule



**Holland  
Community  
Aquatic Center**

Try our highlighted fitness class, Making Waves,  
at 9:35am, on February 20, free of charge!

Mon	Tues	Wed	Thurs	Fri	Sat
<p>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.</p>				<p><b>1</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>2</b></p>
<p><b>4</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water</p>	<p><b>5</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>6</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>7</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga</p>	<p><b>8</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>9</b></p>
<p><b>11</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water</p>	<p><b>12</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>13</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>14</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga</p>	<p><b>15</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>16</b> 9:30am - Yoga</p>
<p><b>18</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water</p>	<p><b>19</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba</p>	<p><b>20</b> 7:30am - Deep Water 8:40am - Framework <b>9:35am - Making Waves</b> 12:00pm - Water Works</p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>25</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water</p>	<p><b>26</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>27</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>28</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga</p>		