



April Fitness Schedule



**Holland
Community
Aquatic Center**

Try our highlighted fitness class, Deep Water Aerobics, at 7:30am, on April 24, free of charge!

Mon	Tues	Wed	Thurs	Fri	Sat
1 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	2 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	3 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	4 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	5 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	6
8 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	9 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	10 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	11 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	12	13
15 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	16 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	17 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	18 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	19 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	20
22 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	23 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	24 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	25 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	26 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	27
29 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Deep Water	30 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	Visit a class for a drop-in fee of \$12 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.			