

# July Fitness Schedule



**Holland  
Community  
Aquatic Center**

Try our highlighted fitness class, **Circuit Training with Megan** at 11am, on July 8, free of charge!

Mon	Tues	Wed	Thurs	Fri	Sat
<b>1</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works 5:30pm - Framework	<b>2</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>3</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works	<b>4</b> HCAC Closed	<b>5</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>6</b>
<b>8</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves <b>11:00am - Circuit Train</b> 12:00pm - Water Works 5:30pm - Framework	<b>9</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>10</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works	<b>11</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>12</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works	<b>13</b>
<b>15</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Framework	<b>16</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>17</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>18</b> 6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga	<b>19</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works	<b>20</b> 9:30am - Yoga (\$5 drop in)
<b>22</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works 5:30pm - Framework	<b>23</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>24</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works	<b>25</b> 6:30am - Yoga 7:00am - Aqua Aerobics	<b>26</b>	<b>27</b>
<b>29</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works 5:30pm - Framework	<b>30</b> 6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga	<b>31</b> 7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works	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.		