



# June Fitness Schedule



**Holland Community Aquatic Center**

Try our highlighted fitness class, Making Waves, at 9:35am, on June 21, free of charge!

Mon	Tues	Wed	Thurs	Fri	Sat
<p>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%!</p> <p>*Water Works is not included in the monthly fitness package.</p>					
<p><b>3</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works 5:30pm - Framework</p>	<p><b>4</b></p> <p>6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>5</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 12:00pm - Water Works</p>	<p><b>6</b></p> <p>7:00am - Aqua Aerobics</p>	<p><b>7</b></p> <p>12:00pm - Water Works</p>	<p><b>8</b></p>
<p><b>10</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works 5:30pm - Framework</p>	<p><b>11</b></p> <p>6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>12</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works</p>	<p><b>13</b></p> <p>6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga</p>	<p><b>14</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works</p>	<p><b>15</b></p>
<p><b>17</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works 5:30pm - Framework</p>	<p><b>18</b></p> <p>6:30am - Yoga 7:00am - Aqua Aerobics 9:30am - Aqua Zumba 5:30pm - Yoga</p>	<p><b>19</b></p> <p>7:30am - Deep Water 8:40am - Framework 9:35am - Making Waves 11:00am - Circuit Train 12:00pm - Water Works</p>	<p><b>20</b></p> <p>6:30am - Yoga 7:00am - Aqua Aerobics 5:30pm - Yoga</p>	<p><b>21</b></p> <p>7:30am - Deep Water 8:40am - Framework <b>9:35am - Making Waves</b> 11:00am - Circuit Train 12:00pm - Water Works</p>	<p><b>22</b></p>
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