



# — HLI — APRIL FITNESS SCHEDULES



## Land Schedule

**MON**

9:00 AM  
**Low Impact Aerobics**

**TUES**

9:00 AM  
**Pilates**

**WED**

9:00 AM  
**Stretch & Sculpt**

**THUR**

9:00 AM  
**Low Impact Zumba**

**FRI**

9:00 AM  
**Yoga**

## Pool Schedule

**MON**

9:30 AM  
**Section 1 pool**  
10:30 AM  
**Section 2 pool**

**TUES**

10:00 AM  
**Section 4 Pool**

**WED**

10:00 AM  
**Section 3 pool**

**THUR**

10:00 AM  
**Section 2 Pool**

**FRI**

9:30 AM  
**Section 5 pool**  
10:00 AM  
**Section 4 pool**

All land classes start at 9:00 AM on the concrete pad located in the back of the HLI Clubhouse right beside the pickleball court.

Please arrive no **later than 5 minutes** before the class begins.

HLI Clubhouse IDs are required for all fitness classes.

All classes are currently on a first come basis and limited to 25 people.

All sections require residents to shower before entering their pools.