




Drop-In Schedule

In Effect Jul. 2 - Aug.15

Fitness and Adult

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Zumba Gold®* 9 - 10 a.m.</p> <p>Tai Chi 10:15 - 11:15 a.m.</p> <p>Low Impact 11:30 a.m. - 12:30 p.m.</p> <p>Dance4One 1 - 2 p.m.</p>	<p>Hatha Yoga 9 - 10 a.m.</p> <p>Essentrics 10:30 - 11:30 a.m.</p> <p>Spanish Social* 4:30 - 6 p.m.</p> <p>Belly Dance4one 5:30 - 6:30 p.m.</p> <p>QiGong 6:30 - 7:30 p.m.</p>	<p>Body Basics 9 - 10 a.m.</p> <p>Zumba®* 10:15 - 11:15 a.m.</p> <p>Active Joints 11:45 a.m. - 12:45 p.m.</p> <p>Dance4One 1 - 2 p.m.</p> <p>Social Dance* 2:15 - 3:15 p.m.</p> <p>Play Dungeons and Dragons* 1 - 5 p.m.</p>	<p>Low Impact 9:30 - 10:30 a.m.</p> <p>Dance4One 12:15 - 1:15 p.m.</p> <p>Zumba Gold®* 1:30 - 2:30 p.m.</p> <p>Table Tennis* 3 - 5 p.m.</p> <p>Play Chess* 3:15 - 5:15 p.m.</p> <p>Zumba®* 5:30 - 6:30 p.m.</p> <p>Dance4One 6:45 - 7:45 p.m.</p>	<p>Hatha Yoga 9 - 10 a.m.</p> <p>Fit 360 10:15 - 11:15 a.m.</p>	<p>Zumba®* 9:15 - 10:15 a.m.</p> <p>Fit 360 10:30 - 11:30 a.m.</p> <p>Play Dungeons and Dragons* 12:30 - 2:45 p.m.</p>
					<p>Scan for the most up-to-date schedule </p> <p>Updated 06/21/2024</p>	

Schedule subject to change without notice. *Pre-registration is recommended for this program.