



# Holiday Drop-In Schedule

In Effect Dec. 22 - Dec. 28

## Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Qi Gong</b> 11:15- 12:15 p.m. (Crafts Room)</p>	<p><b>Fit 360</b> 9:30- 10:30 a.m.</p> <p><b>Body Basics</b> 10:45- 11:45 a.m.</p> <p><b>Chair Fit</b> 12 - 1 p.m.</p>	<p><b>Zumba Gold</b> 9 - 10 a.m.</p>			<p><b>Body Basics</b> 9:15 - 10:15 a.m.</p> <p><b>Adult Dance4One</b> 1 - 2 p.m. (Northview Room)</p>	

## Centennial Room

	<p><b>Group Ride</b> 8:30 - 9:15 a.m. (check-in at PSLC)</p> <p><b>Group Ride</b> 6 - 6:45 p.m. (check-in at PSLC)</p> <p><b>Essentrics</b> 7 - 8 p.m.</p>				<p><b>Group Ride</b> 8:30 - 9:15 a.m. (check-in at PSLC)</p>	<p><b>Group Ride</b> 8:15 - 9 a.m. (check-in at PSLC)</p>
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Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.