



# Drop-In Group Fitness and Adult

In Effect September 7

## Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Zumba Gold®*</b> 9 - 10 a.m.</p> <p><b>Gentle Impact for Healthy Bones</b> 10:15 - 11:15 a.m.</p> <p><b>Low Impact</b> 11:30 a.m. - 12:30 p.m.</p>	<p><b>Hatha Yoga</b> 9 - 10 a.m.</p> <p><b>Essentrics</b> 10:30 - 11:30 a.m.</p> <p><b>Active Joints</b> 12 p.m. - 1 p.m.</p>	<p><b>Body Basics</b> 9 - 10 a.m.</p> <p><b>Zumba®*</b> 10:15 - 11:15 a.m.</p> <p><b>Active Joints</b> 11:30 a.m. - 12:30 p.m.</p> <p><b>Essentrics</b> 5:15 - 6:15 p.m.</p> <p><b>Zumba Sentao®*</b> 6:30 - 7:30 p.m.</p>	<p><b>Low Impact</b> 9:30 - 10:30 a.m.</p> <p><b>Zumba Gold®*</b> 1:30 - 2:30 p.m.</p> <p><b>Zumba®*</b> 5:30 - 6:30 p.m.</p>	<p><b>Hatha Yoga</b> 9 - 10 a.m.</p> <p><b>Fit360</b> 10:15 - 11:15 a.m.</p>	<p><b>Fit360</b> 9:15 - 10:15 a.m.</p> <p><b>*Zumba®</b> 10:30 - 11:30 a.m.</p>

## Adult Drop-in and Drop-in (Pre-registration)

<p><b>Dance4One</b> 10:15 - 11:15 a.m.</p> <p><b>Floor Curling*</b> 12 - 1:30 p.m.</p>	<p><b>Dance4One</b> 1 - 2 p.m.</p> <p><b>Dance4One Themed Music</b> 3:30 - 4:30 p.m.</p> <p><b>QiGong</b> 6 - 7 p.m.</p> <p><b>Table Tennis*</b> 6:45 - 8:45 p.m.</p> <p><b>Korean Social*</b> 7 - 8:30 p.m.</p>	<p><b>Tai Chi/QiGong</b> 9:30 - 10:30 a.m.</p> <p><b>Spanish Social*</b> 4:30 - 6 p.m.</p> <p><b>Dance4one Belly</b> 6:30 - 7:30 p.m.</p> <p><b>Card and Board Games Lounge*</b> 6:45 - 8:45 p.m.</p>	<p><b>Dance4One</b> 1 - 2 p.m.</p> <p><b>Play Dungeons and Dragons*</b> 2 - 5 p.m.</p> <p><b>Social Dance*</b> 2:15 - 3:45 p.m.</p> <p><b>Dance4One</b> 4 - 5 p.m.</p> <p><b>Play Chess*</b> 5:45 - 8:45 p.m.</p> <p><b>Tai Chi</b> 6 - 7 p.m.</p>	<p><b>Technology*</b> 10 a.m. - 12 p.m.</p> <p><b>Dance4One</b> 12:15 - 1:15 p.m.</p> <p><b>Table Tennis*</b> 3 - 5 p.m.</p> <p><b>Dance4One</b> 7:45 - 8:45 p.m.</p>	<p><b>Friday Movies*</b> 1 - 3 p.m.</p>	<p><b>Hooked on Yarn*</b> 9:15 - 11:15 a.m.</p> <p><b>Play Dungeons and Dragons*</b> 12:30 - 2:45 p.m.</p>
--	--	---	--	---	---	--

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