



Holiday Drop-in Schedule

In Effect Dec. 22 - Dec. 28

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Zumba Gold 9 - 10 a.m.</p> <p>Low Impact 11:30 a.m. - 12:30 p.m.</p>	<p>Hatha Yoga 9 - 10 a.m.</p>				<p>Zumba 10:30 - 11:30 a.m.</p>

Adult Drop-in

	<p>*Dance4One 1 - 2 p.m.</p> <p>*Dance4One Themed Music 3:30 - 4:30 p.m.</p>				<p>*Friday Movies 1 - 3 p.m.</p>	
--	--	--	--	--	---	--

Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.