




Holiday Drop-In Schedule

In Effect Dec. 22 - Dec. 28

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Zumba 12:15 - 1:15 p.m.</p>	<p>Pilates 9:30 - 10:30 a.m.</p> <p>Zumba 6:15 - 7:15 p.m.</p>	<p>Fit 360 10 - 11 a.m.</p> <p>Hatha Yoga 11:15 a.m. - 12:15 p.m.</p>			<p>Zumba 9:30 - 10:30 a.m.</p> <p>Cardio Core Conditioning 10:45 - 11:45 a.m.</p> <p>Dance4One 6:45 - 7:45 p.m.</p>	<p>Hatha Yoga 9:30 - 10:30 a.m.</p>
					<p>Scan for the most up-to-date schedule </p> <p>Updated 12/23/2024</p>	

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