



Holiday Drop-in Schedule

In Effect Dec. 29 - Jan. 4

Mike Butler Room

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

Centennial Room

	<p>Group Ride 8:30 - 9:15 a.m. (check-in at PSLC)</p>	<p>Group Ride 9:30 - 10:30 a.m. (check-in at PSLC)</p>		<p>Group Ride 9:30 - 10:30 a.m. (check-in at PSLC)</p> <p>Zumba 7:15- 8:15 p.m.</p>	<p>Group Ride 8:30 - 9:15 a.m. (check-in at PSLC)</p>	<p>Group Ride 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.