




Holiday Drop-in Schedule

In Effect Dec. 29 to Jan. 4

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hatha Yoga 7:30 - 8:30 p.m.</p>	<p>Group Ride (Centennial) 8:30 - 9:15 a.m.</p> <p>Zumba 11 a.m. - 12 p.m.</p>	<p>Group Ride (Centennial) 9:30 - 10:30 a.m.</p>	<p>Hatha Yoga 10:45 a.m. - 12 p.m.</p> <p>NRG Circuit 6 - 7 p.m.</p>	<p>Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow Yoga 9:30 - 10:30 a.m.</p> <p>Pilates 6 - 7 p.m.</p> <p>Iron & HIIT 7:15 - 8:15 p.m.</p>	<p>Group Ride (Centennial) 8:30 - 9:15 a.m.</p> <p>Step Remix 9:30 - 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>Zumba 5:45 - 6:45 pm</p>	<p>Group Ride (Centennial) 8:15 - 9 a.m.</p> <p>Zumba Toning 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.