



Holiday Drop-in Schedule

In Effect Dec. 29 - Jan. 4

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 Gold 1:30- 2:30 p.m.</p> <p>Zumba 5:30 - 6:30 p.m.</p>	<p>Fit360 10:15 -11:15 a.m.</p>	<p>Fit360 9:15 - 10:15 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>	
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Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.