



Group Fitness Drop-in Schedule

In Effect Jan. 5 to Mar. 29

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Zumba Toning® 12:15 - 1:15 p.m.</p>	<p>Cardio Core 9:30 - 10:30 a.m.</p> <p>Pilates Yoga Fusion 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 12 - 1 p.m.</p> <p>Fit 360 5:30 - 6:30 p.m.</p> <p>NRG Circuit 7 - 8 p.m.</p> <p>Yin Deep Stretch Yoga 8:15 - 9:15 p.m.</p>	<p>NRG Circuit 9:30 - 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 7 - 8 p.m.</p>	<p>Fit 360 9:30 - 10:30 a.m.</p> <p>*Zumba Toning® 10:45 - 11:45 a.m.</p> <p>Pilates 12:30 - 1:30 p.m.</p> <p>Yin Deep Stretch 5:30 - 6:45 p.m.</p> <p>NRG Circuit 7 - 8 p.m.</p> <p>Hatha Yoga 8:15 - 9:15 p.m.</p>	<p>Body Basics 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow 10:45 - 11:45 a.m.</p> <p>Stretch & Meditation 12 - 12:45 p.m.</p> <p>Essentrics Beginner 1:15 - 2:15 p.m.</p> <p>Cardio Core 7 - 8 p.m.</p> <p>Hatha Yoga 8:15 - 9:15 p.m.</p>	<p>Low Impact 9:30 - 10:30 a.m.</p> <p>*Zumba® 10:45 - 11:45 a.m.</p> <p>Hatha Yoga 12 - 1 p.m.</p> <p>NRG Circuit 7 - 8 p.m.</p>	<p>Pilates Yoga Fusion 9:15 - 10:15 a.m.</p>

Multipurpose Rooms 1 and 2

<p>*Group Ride 8:15 - 9 a.m.</p>	<p>*Group Ride 9:30 - 10:15 a.m.</p> <p>*Group Ride 5:30 - 6:15 p.m.</p>	<p>*Group Ride 7:30 - 8:15 p.m.</p>	<p>*Group Ride 9:30 - 10:15 a.m.</p> <p>*Group Ride 5:30 - 6:15 p.m.</p>	<p>*Group Ride 7:30 - 8:15 p.m.</p>	<p>*Group Ride 9:30 - 10:15 a.m.</p>	
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Schedule subject to change without notice. *Pre-registration is required for this program.