



# Fitness Drop-in Schedule

In Effect Jan. 5 to Mar. 29

## Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Qi Gong</b> 11:15 a.m. - 12:15 p.m. (Crafts Room)</p>	<p><b>Fit 360</b> 9:30 - 10:30 a.m.</p> <p><b>Body Basics</b> 10:45 - 11:45 a.m.</p> <p><b>Chair Fit</b> 12 - 1 p.m.</p>	<p><b>*Zumba Gold®</b> 9 - 10 a.m.</p> <p><b>Low Impact</b> 10:30 - 11:30 a.m.</p> <p><b>Dance4One</b> 11:30 a.m. - 12:30 p.m.</p> <p><b>Qi Gong</b> 7:15 - 8:15 p.m.</p>	<p><b>Hatha Yoga</b> 9:30 - 10:30 a.m.</p> <p><b>Gentle Impact 4 Healthy Bones</b> 11 a.m. - 12 p.m.</p> <p><b>Chair Fit</b> 12:15 - 1:15 p.m.</p>	<p><b>*Zumba Gold®</b> 9:15 - 10:15 a.m.</p> <p><b>Fit360</b> 10:30 - 11:30 a.m.</p>	<p><b>Body Basics</b> 9:15 - 10:15 a.m.</p> <p><b>Dance4One</b> 1 - 2 p.m.</p>	

## Centennial Room

	<p><b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)</p> <p><b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)</p> <p><b>Essentrics</b> 7 - 8 p.m.</p>	<p><b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)</p> <p><b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)</p> <p><b>*Zumba®</b> 7:15 - 8:15 p.m.</p>	<p><b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)</p> <p><b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)</p>	<p><b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)</p> <p><b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)</p> <p><b>*Zumba®</b> 7:15 - 8:15 p.m.</p>	<p><b>*Group Ride</b> 8:30 - 9:15 a.m. (check in at PSLC)</p> <p><b>Essentrics</b> 10 - 11 a.m.</p>	<p><b>*Group Ride</b> 8:15 - 9 a.m. (check in at PSLC)</p> <p><b>Low Impact</b> 9:30 - 10:30 a.m.</p>
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Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.