




Drop-in Schedule

In Effect Jan. 5 to Mar. 29

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Tai Chi 9:15 - 10:15 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>*Zumba® 12:15 - 1:15 p.m.</p>	<p>Pilates 9:30 - 10:30 a.m.</p> <p>Cardio Core Conditioning 10:45 - 11:45 a.m.</p> <p>*Zumba® 6:15 - 7:15 p.m.</p>	<p>Fit 360 10:15 - 11:15 a.m.</p> <p>Hatha Yoga 11:30 a.m. - 12:30 p.m.</p>	<p>*Zumba® 9:30 - 10:30 a.m.</p> <p>Hatha Yoga 10:45 - 11:45 a.m.</p> <p>Dance4One 12 - 1 p.m.</p> <p>Yin Deep Stretch Yoga 7:45 - 8:45 p.m.</p>	<p>NRG Circuit 9:15 - 10:15 a.m.</p> <p>Essentrics 10 - 11 a.m. (Room 2)</p> <p>Cardio Dance Fit 10:30 - 11:30 a.m.</p> <p>Hatha Yoga 11:45 a.m. - 12:45 p.m.</p>	<p>*Zumba® 9:30 - 10:30 a.m.</p> <p>Cardio Core Conditioning 10:45 - 11:45 a.m.</p> <p>Dance4One 12:30 - 1:30 p.m.</p>	<p>Hatha Yoga 9:30 - 10:30 a.m.</p>
						<p>Scan for the most up-to-date schedule</p>  <p>Updated 01/07/2025</p>

Schedule subject to change without notice. *Pre-registration is required for this program.