



Drop-in Schedule


In Effect Jan. 5 to Mar. 29

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Zumba Gold® 9 - 10 a.m.</p> <p>Gentle Impact for Healthy Bones 10:15 - 11:15 a.m.</p> <p>Low Impact 11:30 a.m. - 12:30 p.m.</p> <p>Dance4One 1 - 2 p.m.</p> <p>Dance4One Themed 3:30 - 4:30 p.m.</p> <p>QiGong 6 - 7 p.m.</p> <p>*Table Tennis 6:45 - 8:45 p.m.</p>	<p>Hatha Yoga 9 - 10 a.m.</p> <p>Tai Chi/QiGong 9:30 - 10:30 a.m.</p> <p>Essentrics 10:30 - 11:30 a.m.</p> <p>Active Joints 12 - 1 p.m.</p> <p>Dance4One Belly 6:30 - 7:30 p.m.</p>	<p>Body Basics 9 - 10 a.m.</p> <p>*Zumba® 10:15 - 11:15 a.m.</p> <p>Active Joints 11:30 a.m. - 12:30 p.m.</p> <p>Dance4One 1 - 2 p.m.</p> <p>Dance4One 4 - 5 p.m.</p> <p>Essentrics 5:15 - 6:15 p.m.</p> <p>Tai Chi 6 - 7 p.m.</p> <p>*Zumba Sentao® 6:30 - 7:30 p.m.</p>	<p>Low Impact 9:30 - 10:30 a.m.</p> <p>Dance4One 12:15 - 1:15 p.m.</p> <p>*Zumba Gold® 1:30 - 2:30 p.m.</p> <p>*Table Tennis 3 - 5 p.m.</p> <p>*Zumba® 5:30 - 6:30 p.m.</p> <p>Dance4One 7:45 - 8:45 p.m.</p>	<p>Hatha Yoga 9 - 10 a.m.</p> <p>Fit 360 10:15 - 11:15 a.m.</p>	<p>Fit 360 9:15 - 10:15 a.m.</p> <p>*Zumba® 10:30 - 11:30 a.m.</p>

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

Toonie Drop-ins

<p>*Korean Social Monday 7 - 8:30 p.m.</p> <p>*Spanish Social Tuesday 4:30 - 6 p.m.</p>	<p>*Social Dance Wednesday 2:15 - 3:45 p.m.</p> <p>*Play Chess Wednesday 5:45 - 8:45 p.m.</p>	<p>*Technology Thursday 10 a.m. - 12 p.m.</p> <p>*Floor Curling Saturday 1:15 - 2:45 p.m.</p>	<p>*Play Dungeons and Dragons Saturday 12:30 - 2:45 p.m.</p>	<p>Scan for the most up-to-date schedule</p>  <p>Updated 01/07/2025</p>
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