## **Dogwood Pavilion**



# Fitness Drop-In Schedule

In effect Aug. 31 to Dec. 20

#### **Mike Butler Room**

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

9:30 - 10:30 a.m. (check in at PSLC)	9:30 - 10:30 a.m (check in at PSLC)
Chair Fit 1 - 2 p.m.  *Group Ride 6 - 6:45 p.m. (check in at PSLC)  *Essentrics 7 - 8 p.m.	*Group Ride 6 - 6:45 p.m. (check in at PSLC) *Zumba° 7:15 - 8:15 p.m.

9:30 - 10:30 a.m (check in at PSLC)
*Group Ride 6 - 6:45 p.m. (check in at PSLC)
*Zumba®

	6 - 6:4 (chec
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# \*Group Ride 45 p.m. ck in at SLC)

#### \*Group Ride 6 - 6:45 p.m. (check in at PSLC)

### \*Zumba® 7:15 - 8:15 p.m.

\*Essentrics **Low Impact** 10 - 11 a.m.

9:30 - 10:30 a.m.

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

