



## Drop-in Schedule


In effect Aug. 31 to Dec. 20

## Group Fitness and Adult Programs

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

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

## Toonie Drop-in Schedule

<b>*Technology</b> Tuesdays 2 - 4 p.m.  <b>*Spanish Social</b> Tuesdays 4:30 - 6 p.m.	<b>*Social Dance</b> Wednesdays 2:15 - 3:45 p.m.  <b>*Play Chess</b> Wednesdays 5:15 - 8:30 p.m.	<b>*Technology</b> Thursdays 10 a.m. - 12 p.m.  <b>*Friday Movies</b> Fridays 1 - 3:30 p.m.	<b>*Play Dungeons and Dragons</b> Saturdays 12:30 - 2:45 p.m.  <b>*Floor Curling</b> Saturdays 1:30 - 2:45 p.m.	Scan for the most up-to-date schedule    Updated 08/26/2025
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