

Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Dogwood Pavilion Drop-in

	Fit 360 9:30 – 10:30 a.m.	Zumba Gold® 9 – 10 a.m.	Hatha Yoga 9:30 – 10:30 a.m..	Zumba Gold® 9:15 – 10: 15 a.m.	Body Basics 9:15 – 10:15 a.m.	Low Impact 9:30 – 10:30 a.m.
Qi Gong 11 a.m. - 12 p.m.	Body Basics 10:45 – 11:45 a.m.			Fit 360 10:30 – 11:30 a.m.	Essentrics® 10 – 11 a.m.	
		Low Impact 10:30 - 11:30 a.m.	Gentle Impact for Healthy Bones 11 a.m. – 12 p.m.			
					Dance4One 1 - 2 p.m.	
		Dance4One 6 - 7 p.m.				
	Essentrics® 7 – 8 p.m.	Zumba® 7:15 – 8:15 p.m.		Zumba® 7:15 – 8:15 p.m.		
					For the most up-to-date schedule	

Schedule subject to change without notice. Drop-in tickets available 30 minutes prior to class start time. Space is limited.