



Drop-In Group Fitness Schedule

In Effect Jul.2 to Sep.2

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Qigong 11 a.m. - 12 p.m.</p>	<p>Fit 360 9:30 – 10:30 a.m.</p> <p>Body Basics 10:45 – 11:45 a.m.</p>	<p>Zumba Gold®* 9 – 10 a.m.</p> <p>Low Impact 10:30 - 11:30 a.m.</p>	<p>Hatha Yoga 9:30 – 10:30 a.m.</p>	<p>Zumba Gold®* 9 – 10 a.m.</p> <p>Fit 360 10:30 – 11:30 a.m.</p>	<p>Body Basics 9:15 – 10:15 a.m.</p>	<p>Low Impact 9:30 – 10:30 a.m.</p>

Centennial Room

<p>Essentrics 7 - 8 p.m.</p>		<p>Zumba®* 7:15 - 8:15 p.m. (check in at PSLC)</p>		<p>Zumba®* 7:15 - 8:15 p.m. (check in at PSLC)</p>	<p>Essentrics® 10 – 11 a.m.</p>	
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Schedule subject to change without notice. *Pre-registration is recommended for this program.