



Drop-In Group Fitness Schedule

In Effect Sept. 3

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Qi Gong 11:15 a.m. – 12:15 p.m. (Crafts Room)</p>	<p>Fit 360 9:30 – 10:30 a.m.</p> <p>Body Basics 10:45 – 11:45 a.m.</p> <p>Chair Fit 12 – 1 p.m. (Starts Nov. 4)</p>	<p>*Zumba Gold® 9 – 10 a.m.</p> <p>Low Impact 10:30 – 11:30 a.m.</p> <p>Adult Dance4One 6 – 7 p.m. (Northview Room) (Starts Sept. 17)</p> <p>Qi Gong 7:15 – 8:15 p.m. (Northview Room) (Starts Sept. 17)</p>	<p>Hatha Yoga 9:30 – 10:30 a.m.</p> <p>Gentle Impact 4 Healthy Bones 11 a.m. – 12 p.m.</p> <p>Chair Fit 12:15 – 1:15 p.m. (Starts Nov. 6)</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>Adult Dance4One 1 – 2 p.m. (Northview Room)</p>	

Centennial Room

	<p>*Group Ride 8:30 - 9:15 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p> <p>Essentrics 7 - 8 p.m.</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p> <p>*Zumba® 7:15 - 8:15 p.m.</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6:00 - 6:45 p.m. (check in at PSLC)</p> <p>*Zumba® 7:15 - 8:15 p.m.</p>	<p>*Group Ride 8:30 - 9:15 a.m. (check in at PSLC)</p> <p>Essentrics® 10 – 11 a.m.</p>	<p>*Group Ride 8:15 – 9 a.m. (check in at PSLC)</p> <p>Low Impact 9:30 – 10:30 a.m.</p>
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Schedule subject to change without notice. *Pre-registration is recommended for this program.