Glen Pine Pavilion



Drop-In Group Fitness and Adult

In Effect September 7

Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba Gold®*	Hatha Yoga	Body Basics	Low Impact	Hatha Yoga	Fit360
9 - 10 a.m.	9 - 10 a.m.	9 - 10 a.m.	9:30 - 10:30 a.m.	9 - 10 a.m.	9:15 - 10:15 a.m.
Gentle Impact for	Essentrics	Zumba®*	Zumba Gold®*	Fit360	*Zumba®
Healthy Bones	10:30 - 11:30 a.m.	10:15 - 11:15 a.m.	1:30 - 2:30 p.m.	10:15 - 11:15 a.m.	10:30 - 11:30 a.m.
10:15 - 11:15 a.m.	Active Joints	Active Joints	Zumba®*		
Low Impact	12 p.m 1 p.m.	11:30 a.m			
11:30 a.m 12:30 p.m.		12:30 p.m.	,		
		Essentrics			
		5:15 - 6:15 p.m.			
		Zumba Sentao®*			
		6:30 - 7:30 p.m.			
	Zumba Gold®* 9 - 10 a.m. Gentle Impact for Healthy Bones 10:15 - 11:15 a.m. Low Impact 11:30 a.m	Zumba Gold®* Hatha Yoga 9 - 10 a.m. 9 - 10 a.m. Gentle Impact for Healthy Bones Essentrics 10:30 - 11:30 a.m. 10:30 - 11:30 a.m. Active Joints 12 p.m 1 p.m. 11:30 a.m 12 p.m 1 p.m.	Zumba Gold®* Hatha Yoga Body Basics 9 - 10 a.m. 9 - 10 a.m. 9 - 10 a.m. Gentle Impact for Healthy Bones 10:30 - 11:30 a.m. Zumba®* 10:15 - 11:15 a.m. 10:15 - 11:15 a.m. Active Joints 12 p.m 1 p.m. 11:30 a.m 12:30 p.m. 12:30 p.m. Essentrics 5:15 - 6:15 p.m. Zumba Sentao®*	Zumba Gold®* Hatha Yoga Body Basics Low Impact 9 - 10 a.m. 9 - 10 a.m. 9 - 10 a.m. 9:30 - 10:30 a.m. Gentle Impact for Healthy Bones 10:30 - 11:30 a.m. 10:15 - 11:15 a.m. Zumba®* 1:30 - 2:30 p.m. 10:15 - 11:15 a.m. Active Joints Active Joints Zumba®* 11:30 a.m 12:30 p.m. 12:30 p.m. 5:30 - 6:30 p.m. Essentrics 5:15 - 6:15 p.m. Zumba Sentao®*	Zumba Gold®* 9 - 10 a.m. Hatha Yoga 9 - 10 a.m. Body Basics 9 - 10 a.m. Low Impact

Adult Drop-in and Drop-in (Pre-registration)

Tai Chi 6 - 7 p.m.	Dance4One 10:15 - 11:15 a.m. Floor Curling* 12 - 1:30 p.m.	Dance4One 1 - 2 p.m. Dance4One Themed Music 3:30 - 4:30 p.m. QiGong 6 - 7 p.m. Table Tennis* 6:45 - 8:45 p.m. Korean Social* 7 - 8:30 p.m	Tai Chi/QiGong 9:30 - 10:30 a.m. Spanish Social* 4:30 - 6 p.m. Dance4one Belly 6:30 - 7:30 p.m. Card and Board Games Lounge* 6:45 - 8:45 p.m.	Dance4One 1 - 2 p.m. Play Dungeons and Dragons* 2 - 5 p.m. Social Dance* 2:15 - 3:45 p.m. Dance4One 4 - 5 p.m. Play Chess* 5:45 - 8:45 p.m. Tai Chi 6 - 7 p.m.	Technology* 10 a.m 12 p.m. Dance4One 12:15 - 1:15 p.m. Table Tennis* 3 - 5 p.m. Dance4One 7:45- 8:45 p.m.	Friday Movies* 1 - 3 p.m.	Hooked on Yarn* 9:15 - 11:15 a.m Play Dungeons and Dragons* 12:30 - 2:45 p.m
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Schedule subject to change without notice. *Pre-registration is available for this program.

