



# Holiday Drop-in Schedule

In Effect Dec. 29- Jan. 4

## Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Zumba</b> 12:15 - 1:15 p.m.</p>	<p><b>Pilates</b> 9:30 - 10:30 a.m.</p> <p><b>Cardio Core Conditioning</b> 10:45 - 11:45 a.m.</p> <p><b>Zumba</b> 6:15- 7:15 p.m.</p>	<p><b>Fit 360</b> 10- 11 a.m.</p> <p><b>Hatha Yoga</b> 11:15 a.m. - 12 :15 p.m.</p>		<p><b>NRG Circuit</b> 9:15 - 10:15 a.m.</p> <p><b>Hatha Yoga</b> 11:45 a.m. - 12 :45 p.m.</p>	<p><b>Zumba</b> 9:30 - 10:30 a.m.</p> <p><b>Cardio Core Conditioning</b> 10:45 - 11:45 a.m.</p> <p><b>Dance4One</b> 6:45 - 7:45 p.m.</p>	<p><b>Hatha Yoga</b> 9:30 - 10:30 a.m.</p>
					<p>Scan for the most up-to-date schedule </p> <p>Updated 12/23/2024</p>	

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