




Drop-In Schedule

In Effect September 3

Group Fitness

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Zumba®* 10:45 - 11:45 a.m. <i>Only Sep 8 - Oct 6</i> <i>CCAC shut down</i></p> <p>Zumba Toning* 12 - 1 p.m. <i>Only Sep 8 - Oct 6</i> <i>CCAC shut down</i></p>	<p>Zumba®* 7:15 - 8:15 p.m.</p>	<p>Zumba Toning* 9:30 - 10:30 a.m.</p> <p>Zumba®* 5:30 - 6:30 p.m.</p>	<p>Hatha Yoga 9:30 - 10:30 a.m.</p>	<p>Zumba®* 9:30 - 10:30 a.m.</p>		
					<p>Scan for the most up-to-date schedule </p> <p>Updated 08/28/2024</p>	

Schedule subject to change without notice. *Pre-registration is recommended for this program.