Glen Pine Pavilion

Drop-in Schedule

Winter 2025

In Effect Jan. 5 to Mar. 29

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	***Zumba Gold®** 9 – 10 a.m. **Gentle Impact for Healthy Bones** 10:15 – 11:15 a.m. **Low Impact** 11:30 a.m. - 12:30 p.m. **Dance4One** 1 – 2 p.m. **Dance4One Themed** 3:30 – 4:30 p.m. **QiGong** 6 – 7 p.m. ***Table Tennis** 6:45 – 8:45 p.m.	**Hatha Yoga** 9 - 10 a.m. **Tai Chi/QiGong** 9:30 – 10:30 a.m. **Essentrics** 10:30 - 11:30 a.m. **Active Joints** 12 - 1 p.m. **Dance4One Belly** 6:30 – 7:30 p.m.	**Body Basics** 9 - 10 a.m. ***Zumba®** 10:15 - 11:15 a.m. **Active Joints** 11:30 a.m. - 12:30 p.m. **Dance4One** 1 – 2 p.m. **Dance4One** 4 – 5 p.m. **Essentrics** 5:15 - 6:15 p.m. **Tai Chi** 6 – 7 p.m. ***Zumba Sentao®** 6:30 - 7:30 p.m.	**Low Impact** 9:30 – 10:30 a.m. **Dance4One** 12:15 – 1:15 p.m. ***Zumba Gold®** 1:30 – 2:30 p.m. ***Table Tennis** 3 – 5 p.m. ***Zumba®** 5:30 – 6:30 p.m. **Dance4One** 7:45 – 8:45 p.m.	**Hatha Yoga** 9 – 10 a.m. **Fit 360** 10:15 – 11:15 a.m.	**Fit 360** 9:30 – 10:30 a.m. ***Zumba®** 10:45 – 11:45 a.m.

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

Toonie Drop-ins

***Spanish Social** Tuesday 4:30 – 6 p.m.	***Social Dance** Wednesday 2:15 – 3:45 p.m. ***Play Chess** Wednesday 5:15 – 8:15 p.m.	***Technology** Thursday 10 a.m. – 12 p.m. ***Floor Curling** Saturday 1:30 – 2:45 p.m.	***Play Dungeons and Dragons** Saturday 12:30 – 2:45 p.m.	**Scan for the most up-to-date schedule** Updated 02/04/2025