



# Drop-in Schedule

In effect Mar. 23 to Mar. 29

## Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>*Zumba Toning®</b> 12:15 - 1:15 p.m.</p>	<p><b>Cardio Core</b> 9:30 - 10:30 a.m.</p> <p><b>Pilates Yoga Fusion</b> 10:45 - 11:45 a.m.</p> <p><b>Hatha Yoga</b> 12 - 1 p.m.</p> <p><b>Fit 360</b> 5:30 - 6:30 p.m.</p> <p><b>NRG Circuit</b> 7 - 8 p.m.</p> <p><b>Yin Deep Stretch Yoga</b> 8:15 - 9:15 p.m.</p>	<p><b>NRG Circuit</b> 9:30 - 10:30 a.m.</p> <p><b>Pilates</b> 10:45 - 11:45 a.m.</p> <p><b>Hatha Yoga</b> 7 - 8 p.m.</p>	<p><b>Fit 360</b> 9:30 - 10:30 a.m.</p> <p><b>*Zumba Toning®</b> 10:45 - 11:45 a.m.</p> <p><b>Pilates</b> 12:30 - 1:30 p.m.</p> <p><b>Yin Deep Stretch</b> 5:30 - 6:45 p.m.</p> <p><b>NRG Circuit</b> 7 - 8 p.m.</p> <p><b>Hatha Yoga</b> 8:15 - 9:15 p.m.</p>	<p><b>Body Basics</b> 9:30 - 10:30 a.m.</p> <p><b>Stretch &amp; Meditation</b> 12 - 12:45 p.m.</p> <p><b>*Essentrics Beginner</b> 1:15 - 2:15 p.m.</p> <p><b>Cardio Core</b> 7 - 8 p.m.</p> <p><b>Hatha Yoga</b> 8:15 - 9:15 p.m.</p>	<p><b>Low Impact</b> 9:30 - 10:30 a.m.</p> <p><b>*Zumba®</b> 10:45 - 11:45 a.m.</p> <p><b>Hatha Yoga</b> 12 - 1 p.m.</p>	<p><b>Pilates</b> 9:15 - 10:15 a.m.</p>

## Multipurpose Rooms 1 and 2

	<p><b>*Group Ride</b> 9:30 - 10:15 a.m.</p> <p><b>*Group Ride</b> 5:30 - 6:15 p.m.</p>	<p><b>*Group Ride</b> 7:30 - 8:15 p.m.</p>	<p><b>*Group Ride</b> 9:30 - 10:15 a.m.</p> <p><b>*Group Ride</b> 5:30 - 6:15 p.m.</p>	<p><b>*Group Ride</b> 7:30 - 8:15 p.m.</p>	<p><b>*Group Ride</b> 9:30 - 10:15 a.m.</p>	
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Schedule subject to change without notice. \*Pre-registration is required for this program. \*\* Adult participation required.