



Drop-in Schedule

In effect Mar. 23 to Mar. 29

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>*Zumba Gold® 9 – 10 a.m.</p> <p>Gentle Impact for Healthy Bones 10:15 – 11:15 a.m.</p>	<p>*Essentrics 10:30 – 11:30 a.m.</p> <p>Active Joints 12 – 1 p.m.</p>	<p>Body Basics 9 - 10 a.m.</p> <p>*Zumba® 10:15 - 11:15 a.m.</p> <p>Active Joints 11:30 a.m. - 12:30 p.m.</p> <p>*Essentrics 5:15 - 6:15 p.m.</p> <p>*Zumba Sentao® 6:30 - 7:30 p.m.</p>	<p>Low Impact 9:30 – 10:30 a.m.</p> <p>*Zumba Gold® 1:30 – 2:30 p.m.</p> <p>*Zumba® 5:30 – 6:30 p.m.</p>	<p>Hatha Yoga 9 – 10 a.m.</p> <p>Fit 360 10:15 – 11:15 a.m.</p>	<p>Fit 360 9:15 – 10:15 a.m.</p> <p>*Zumba® 10:30 – 11:30 a.m.</p>

Adult Drop-in Schedule

	<p>Dance4One 1 – 2 p.m.</p> <p>Dance4One Themed 3:30 – 4:30 p.m.</p> <p>QiGong 6 – 7 p.m.</p> <p>*Table Tennis 6:45 – 8:45 p.m.</p>	<p>Tai Chi/QiGong 9:30 – 10:30 a.m.</p> <p>Dance4One Belly 6:30 – 7:30 p.m.</p>	<p>Dance4One 1 – 2 p.m.</p> <p>Dance4One 4 – 5 p.m.</p> <p>Tai Chi 6 – 7 p.m.</p>	<p>Dance4One 12:15 – 1:15 p.m.</p> <p>*Table Tennis 3 – 5 p.m.</p> <p>Dance4One 7:45 – 8:45 p.m.</p>		
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Schedule subject to change without notice. *Pre-registration is required for this program. ** Adult participation required.

Low Cost Toonie Drop-in

<p>*Spanish Social Tuesdays 4:30 – 6 p.m.</p>	<p>*Social Dance Wednesdays 2:15 – 3:45 p.m.</p> <p>*Play Chess Wednesdays 5:15 – 8:15 p.m.</p>	<p>*Technology Thursdays 10 a.m. – 12 p.m.</p> <p>*Movies Fridays, Encores, Sundays</p>	<p>*Floor Curling Saturdays 1:15 – 2:45 p.m.</p> <p>*Play Dungeons and Dragons Saturdays 12:30 – 2:45 p.m.</p>	<p>Scan for the most up-to-date schedule</p>  <p>Updated 03/13/2025</p>
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