




# Drop-in Schedule

In effect Mar. 16 to Mar. 22

## Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Tai Chi</b> 9:15 - 10:15 a.m.</p> <p><b>Pilates</b> 10:45 - 11:45 a.m.</p> <p><b>*Zumba®</b> 12:15 - 1:15 p.m.</p>	<p><b>*Zumba®</b> 6:15 - 7:15 p.m.</p>	<p><b>Fit 360</b> 10:15 - 11:15 a.m.</p> <p><b>Hatha Yoga</b> 11:30 a.m. - 12:30 p.m.</p>	<p><b>*Zumba®</b> 9:30 - 10:30 a.m.</p> <p><b>Hatha Yoga</b> 10:45 - 11:45 a.m.</p> <p><b>Dance4One</b> 12 - 1 p.m.</p> <p><b>Yin Deep Stretch Yoga</b> 7:45 - 8:45 p.m.</p>	<p><b>NRG Circuit</b> 9:15 - 10:15 a.m.</p> <p><b>*Essentrics</b> 10:30 - 11:30 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> 12:30 - 1:30 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 03/13/2025</p>	

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