


Drop-in Schedule

In effect Mar. 16 to Mar. 22

Group Fitness

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|--|
| <p>Vinyasa Flow 9 - 10 a.m.</p> <p>Fit 360 10:15 - 11:15 a.m.</p> <p>Hatha Yoga 7:30 - 8:30 p.m.</p> | <p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>NRG Circuit 9:30 - 10:30 a.m.</p> <p>*Zumba® 11 a.m. - 12 p.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Power Yoga 6 - 7 p.m.</p> <p>Fit 360 7:15 - 8:15 p.m.</p> <p>Hatha Yoga 7:45 - 9 p.m.</p> | <p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow 9:30 - 10:30 a.m.</p> <p>Body Basics 10:45 - 11:45 a.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Iron & HIIT 6 - 7 p.m.</p> <p>*Zumba® (Centennial) 7:15 - 8:15 p.m.</p> <p>Hatha Yoga 8:30 - 9:30 p.m.</p> | <p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Cardio Core Conditioning 9:30 - 10:30 a.m.</p> <p>Hatha Yoga 10:45 a.m. - 12 p.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>NRG Circuit 6 - 7 p.m.</p> <p>*Zumba® 7:15 - 8:15 p.m.</p> | <p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow 9:30 - 10:30 a.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Pilates 6 - 7 p.m.</p> <p>*Zumba® (Centennial) 7:15 - 8:15 p.m.</p> <p>Iron & HIIT 7:15 - 8:15 p.m.</p> | <p>*Group Ride (Centennial) 8:30 - 9:15 a.m.</p> <p>Step Remix 9:30 - 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>*Zumba® 5:45 - 6:45 p.m.</p> | <p>*Group Ride (Centennial) 8:15 - 9 a.m.</p> <p>*Zumba Toning® 9:45 - 10:45 a.m.</p> <p>Hatha Yoga 11 a.m. - 12 p.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.