



## Fitness Drop-In Schedule

In effect Jan. 4 to Mar. 28

### Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Qi Gong</b> 11:15 a.m. - 12:15 p.m. (Northview Room)	<b>Fit 360</b> 9:30 - 10:30 a.m.	<b>*Zumba Gold®</b> 9 - 10 a.m.	<b>Hatha Yoga</b> 9:30 - 10:30 a.m.	<b>*Zumba Gold®</b> 9:15 - 10:15 a.m.	<b>Body Basics</b> 9:15 - 10:15 a.m.	

### Centennial Room

<b>*Essentrics</b> 9 - 10 a.m. <i>starts Feb. 1</i> (check in at PSLC)	<b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)	<b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)	<b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)	<b>*Group Ride</b> 9:30 - 10:30 a.m. (check in at PSLC)	<b>*Group Ride</b> 8:30 - 9:15 a.m. (check in at PSLC)	<b>*Group Ride</b> 8:15 - 9 a.m. (check in at PSLC)
	<b>Chair Fit</b> 1 - 2 p.m.	<b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)	<b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)	<b>*Group Ride</b> 6 - 6:45 p.m. (check in at PSLC)	<b>*Essentrics</b> 10 - 11 a.m.	<b>Low Impact</b> 9:30 - 10:30 a.m.

Schedule subject to change without notice.

\*Pre-registration is required for this program.