



## Holiday Fitness Drop-In Schedule

In Effect Dec. 28 to Jan. 3

## Fitness Studio

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

## Multipurpose Rooms 1 and 2

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