



# Holiday Drop-in Schedule


In Effect Dec. 21 to 27

## Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>*Zumba Gold®</b> 9 - 10 a.m.  <b>*Dance4One</b> 1 - 2 p.m.	<b>Hatha Yoga</b> 9 - 10 a.m.  <b>Tai Chi</b> 9:30 - 10:30 a.m.  <b>*Essentrics</b> 10:30 - 11:30 a.m.  <b>Active Joints</b> 12 - 1 p.m.	<b>Body Basics</b> 9 - 10 a.m.  <b>*Dance4One</b> 1 - 2 p.m.	<b>Facility Closed</b>  <b>Happy Holidays!</b>	<b>Facility Closed</b>  <b>Happy Holidays!</b>	<b>Fit 360</b> 9:30 - 10:30 a.m.  <b>*Table Tennis</b> 12:30 - 2:30 p.m.

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

## Special Information

<b>*Technology</b> <b>*Ends Dec. 16*</b> Tuesdays 2 - 4 p.m.	<b>*Social Dance</b> <b>*Ends Dec. 10*</b> Wednesdays 2:15 - 3:45 p.m.	<b>*Technology</b> <b>*Ends Dec. 11*</b> Thursdays 10 a.m. - 12 p.m.	<b>*Play Dungeons and Dragons</b> Saturdays 12:30 - 2:45 p.m.	Scan for the most up-to-date schedule    Updated 11/30/2025
<b>*Spanish Social</b> <b>*Ends Dec. 16*</b> Tuesdays 4:30 - 6 p.m.	<b>*Play Chess</b> <b>*Ends Dec. 17*</b> Wednesdays 5:15 - 8:30 p.m.	<b>*Friday Movies</b> Fridays 1 - 3:30 p.m.		