



Holiday Drop-in Schedule

In Effect Dec. 28 to Jan. 3

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Zumba Gold® 9 - 10 a.m. *Dance4One 1 - 2 p.m.	Hatha Yoga 9 - 10 a.m. Tai Chi 9:30 - 10:30 a.m. Active Joints 12 - 1 p.m.	Body Basics 9 - 10 a.m. *Dance4One 1 - 2 p.m.	Facility Closed	Hatha Yoga 9 - 10 a.m. Fit 360 10:15 - 11:15 a.m.	Fit 360 9:30 - 10:30 a.m. *Table Tennis 12:30 - 2:30 p.m.

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

Toonie Drop-in Schedule

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

