



Fitness Drop-In Schedule

In effect June 28 to Sept. 5

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Qi Gong 11:45 a.m. - 12:45 p.m. (Northview Room)</p>	<p>Fit 360 9:30 - 10:30 a.m.</p> <p>Body Basics 10:45 - 11:45 a.m.</p>	<p>*Zumba Gold® 9 - 10 a.m.</p> <p>Low Impact 10:15 - 11:15 a.m.</p> <p>*Dance4One 11:30 a.m. - 12:30 p.m. (Northview Room)</p>	<p>Hatha Yoga 9:30 - 10:30 a.m.</p> <p>Active Joints 11 a.m. - 12 p.m.</p> <p>Chair Fit 12:15 - 1:15 p.m.</p> <p>Qi Gong 7 - 8 p.m. (Northview Room)</p>	<p>*Zumba Gold® 9:15 - 10:15 a.m.</p> <p>Fit 360 10:30 - 11:30 a.m.</p>	<p>Body Basics 9:15 - 10:15 a.m.</p> <p>*Dance4One 1 - 2 p.m. (Northview Room)</p>	

Centennial Room

<p>*Essentrics 9 - 10 a.m. (check in at PSLC)</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>Chair Fit 1 - 2 p.m.</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p> <p>*Essentrics 7 - 8 p.m.</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p> <p>*Zumba® 7:15 - 8:15 p.m. (check in at PSLC)</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p>	<p>*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)</p> <p>*Group Ride 6 - 6:45 p.m. (check in at PSLC)</p> <p>*Zumba® 7:15 - 8:15 p.m. (check in at PSLC)</p>	<p>*Group Ride 8:30 - 9:15 a.m. (check in at PSLC)</p> <p>*Essentrics 10 - 11 a.m.</p>	<p>Low Impact 9:30 - 10:30 a.m.</p>
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Schedule subject to change without notice. *Pre-registration is required for this program.