



# Drop-in Schedule


In Effect June 28 to Sept. 5

## Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>*Zumba Gold®</b> 9 – 10 a.m.</p> <p><b>Active Joints</b> 10:15 – 11:15 a.m.</p> <p><b>Low Impact</b> 11:30 a.m. – 12:30 p.m.</p> <p><b>*Dance4One</b> 1 – 2 p.m.</p>	<p><b>Hatha Yoga</b> 9 – 10 a.m.</p> <p><b>Tai Chi</b> 9:30 – 10:30 a.m.</p> <p><b>*Essentrics</b> 10:30 – 11:30 a.m.</p> <p><b>Active Joints</b> 12 – 1 p.m.</p> <p><b>*Dance4One Belly</b> 5:30 - 6:30 p.m.</p>	<p><b>Body Basics</b> 9 – 10 a.m.</p> <p><b>*Zumba®</b> 10:15 – 11:15 a.m.</p> <p><b>Active Joints</b> 11:30 a.m. – 12:30 p.m.</p> <p><b>*Dance4One</b> 1 – 2 p.m.</p>	<p><b>Low Impact</b> 9:30 – 10:30 a.m.</p> <p><b>*Dance4One</b> 12:15 – 1:15 p.m.</p> <p><b>*Zumba Gold®</b> 1:30 – 2:30 p.m.</p> <p><b>*Table Tennis</b> 3 – 5 p.m.</p> <p><b>*Zumba®</b> 5:30 – 6:30 p.m.</p> <p><b>*Dance4One</b> 6:45 – 7:45 p.m.</p>	<p><b>Hatha Yoga</b> 9 – 10 a.m.</p> <p><b>Fit 360</b> 10:15 – 11:15 a.m.</p>	<p><b>Fit 360</b> 9:30 – 10:30 a.m.</p> <p><b>*Zumba®</b> 10:45 – 11:45 a.m.</p>

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

## Toonie Drop-in Schedule

<p><b>*Social Dance</b> Wednesdays 2:30 – 4:15 p.m.</p>	<p><b>*Technology Support</b> Thursdays 10 a.m. – 12 p.m.</p> <p><b>*Play Chess</b> Thursdays 5 – 7:45 p.m.</p>	<p><b>*Friday Movies</b> Fridays 1 – 3:30 p.m.</p>	<p><b>*Play Dungeons and Dragons</b> Saturdays 12:15 – 2:45 p.m.</p>	<p>Scan for the most up-to-date schedule</p>  <p>Updated 06/23/2026</p>
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