



Fitness Drop-In Schedule

In effect Sept 6 to Dec 19

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 11:45 a.m. - 12:45 p.m. (Northview Room)	Fit 360 9:30 - 10:30 a.m. Body Basics 10:45 - 11:45 a.m.	*Zumba Gold® 9 - 10 a.m. Low Impact 10:15 - 11:15 a.m. *Dance4One 11:30 a.m. - 12:30 p.m. (Northview Room) Qi Gong 7 - 8 p.m. (Northview Room)	Hatha Yoga 9:30 - 10:30 a.m. Gentle Impact 4 Healthy Bones 11 a.m. - 12 p.m. Chair Fit 12:15 - 1:15 p.m.	*Zumba Gold® 9:15 - 10:15 a.m. Fit 360 10:30 - 11:30 a.m.	Body Basics 9:15 - 10:15 a.m. *Dance4One 1 - 2 p.m. (Northview Room)	

Centennial Room

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