



Drop-in Schedule

In effect Sept 6 - Dec 19

Fitness Studio - Multipurpose Room 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi 9:15 - 10:15 a.m. Pilates 10:45 - 11:45 a.m. *Zumba® 12:15 - 1:15 p.m.	Pilates 9:30 - 10:30 a.m. *Zumba® 6:15 - 7:15 p.m.	Fit 360 10:15 - 11:15 a.m. Hatha Yoga 11:30 a.m. - 12:30 p.m. Chair Tai Chi 1 - 2 p.m.	*Zumba® 9:30 - 10:30 a.m. Hatha Yoga 10:45 - 11:45 a.m. *Dance4One 12 - 1 p.m. Yin Deep Stretch Yoga 7:45 - 8:45 p.m.	NRG Circuit 9:15 - 10:15 a.m. *Essentrics 10:30 - 11:30 a.m. Hatha Yoga 11:45 a.m. - 12:45 p.m.	*Zumba® 9:15 - 10:15 a.m. Cardio Core Conditioning 10:30 - 11:30 a.m. *Dance4One 12:30 - 1:30 p.m.	Hatha Yoga 9:15 - 10:15 a.m.
					Scan for the most up-to-date schedule 	
					Updated 08/31/2026	

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