

# Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Glen Pine Pavilion Drop-in

<b>March 17</b> <b>Dance4One</b> 10:15 – 11:15 a.m.	<b>March 18</b> <b>Zumba Gold®</b> 10:15 – 11:15 a.m.	<b>March 19</b> <b>Hatha Yoga</b> 9:15 – 10:15 a.m.	<b>March 20</b> <b>Body Basics</b> 9 – 10 a.m.	<b>March 21</b> <b>Low Impact</b> 9:30 – 10:30 a.m.	<b>March 22</b> <b>Hatha Yoga</b> 9 – 10 a.m.	<b>March 23</b> <b>Zumba®</b> 9:15 – 10:15 a.m.
		<b>Essentrics®</b> 10:45 – 11:45 a.m.	<b>Zumba®</b> 10:15 – 11:15 a.m.		<b>Fit 360</b> 10:15 – 11:15 a.m.	<b>Fit 360</b> 10:30 – 11:30 a.m.
	<b>Low Impact</b> 11:30 a.m. – 12:30 p.m.	<b>Active Joints</b> 12:15 – 1:15 p.m.	<b>Active Joints</b> 11:45 a.m. – 12:45 p.m.	<b>Dance4One</b> 12:15 – 1:15 p.m.		
	<b>Dance4One</b> 1 – 2 p.m.		<b>Dance4One</b> 1 – 2 p.m.	<b>Zumba Gold®</b> 1:30 – 2:30 p.m.		
			<b>Dance4One</b> 4 – 5 p.m.	<b>Table Tennis</b> 3 – 5 p.m.		
			<b>Essentrics®</b> 5:15 – 6:15 p.m.	<b>Zumba®</b> 5:30 – 6:30 p.m.		
	<b>QiGong</b> 6:30 – 7:30 p.m.	<b>Belly Dance4One</b> 6:30 – 7:30 p.m.	<b>Zumba Sentao®</b> 6:30 – 7:30 p.m.			
			<b>Tai Chi</b> 6:30 – 7:30 p.m.			
	<b>Table Tennis</b> 6:45 – 7:45 p.m.		<b>Dance4One</b> 7:45 – 8:45 p.m.	<b>Dance4One</b> 7:45 – 8:45 p.m.		

Schedule subject to change without notice.