

# Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Dogwood Pavilion Drop-in

<b>March 17</b>	<b>March 18</b> <b>Fit 360</b> 9:30 – 10:30 a.m.	<b>March 19</b> <b>Zumba Gold®</b> 9 – 10 a.m.	<b>March 20</b> <b>Hatha Yoga</b> 9:30 – 10:30 a.m.	<b>March 21</b> <b>Zumba Gold®</b> 9:15 – 10:15 a.m.	<b>March 22</b>	<b>March 23</b> <b>Low Impact</b> 9:30 – 10:30 a.m.
<b>Qigong</b> 11 – 12 p.m.	<b>Body Basics</b> 10:45 – 11:45 a.m.				<b>Essentrics</b> 10 – 11 a.m.  <b>Dance4One</b> 1 – 2 p.m.	
	<b>Essentrics</b> 7 – 8 p.m.	<b>Dance4One</b> 6 – 7 p.m.  <b>Zumba</b> 7:15 – 8:15 p.m.				
<b>March 24</b>	<b>March 25</b> <b>Fit 360</b> 9:30 – 10:30 a.m.	<b>March 26</b>	<b>March 27</b> <b>Hatha Yoga</b> 9:30 – 10:30 a.m.	<b>March 28</b> <b>Zumba Gold®</b> 9:15 – 10:15 a.m.	<b>March 29</b> <b>Facility Closed</b>	<b>March 30</b> <b>Low Impact</b> 9:30 – 10:30 a.m.
<b>Qigong</b> 11 – 12 p.m.	<b>Body Basics</b> 10:45 – 11:45 a.m.			<b>Fit 360</b> 10:30 – 11:30 a.m.		
	<b>Essentrics</b> 7 – 8 p.m.	<b>Dance4One</b> 6 – 7 p.m.  <b>Zumba</b> 7:15 – 8:15 p.m.				
<b>March 31</b> <b>Facility Closed</b>	<b>April 1</b> <b>Facility Closed</b>					

Schedule subject to change without notice.