


Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Glen Pine Pavilion Drop-in

Dance4One 10:15 – 11:15 a.m.	Gentle Impact 4 Healthy Bones 9 – 10 a.m.	Hatha Yoga 9:15 – 10:15 a.m.	Body Basics 9 – 10 a.m.	Low Impact 9:30 – 10:30 a.m.	Hatha Yoga 9 – 10 a.m.	Zumba® 9:15 – 10:15 a.m.
	Zumba Gold® 10:15 – 11:15 a.m.	Essentrics® 10:45 – 11:45 a.m.	Zumba® 10:15 – 11:15 a.m.		Fit 360 10:15 – 11:15 a.m.	Fit 360 10:30 – 11:30 a.m.
	Low Impact 11:30 a.m. – 12:30 p.m.	Active Joints 12:15 – 1:15 p.m.	Active Joints 11:45 a.m. – 12:45 p.m.	Dance4One 12:15 – 1:15 p.m.		
	Dance4One 1 – 2 p.m.		Dance4One 1 – 2 p.m.	Zumba Gold® 1:30 – 2:30 p.m.		
			Dance4One 4 – 5 p.m.	Table Tennis 3 – 5 p.m.		
	Body Basics 5:15 – 6:15 p.m.		Essentrics® 5:15 – 6:15 p.m.	Zumba® 5:30 – 6:30 p.m.		
	Tai Chi 6:30 – 7:30 p.m.	Belly Dance4One 6:30 – 7:30 p.m.	Zumba Sentao® 6:30 – 7:30 p.m.			
			Qigong 6:30 – 7:30 p.m.			
	Dance4One 7:45 – 8:45 p.m.		Dance4One 7:45 – 8:45 p.m.	Dance4One 7:45 – 8:45 p.m.	For the most up-to-date schedule	

Schedule subject to change without notice.