

# Group Fitness

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Glen Pine Pavilion Drop-in

<b>March 24</b> <b>Dance4One</b> 10:15 – 11:15 a.m.	<b>March 25</b> <b>Zumba Gold®</b> 10:15 – 11:15 a.m.	<b>March 26</b> <b>Hatha Yoga</b> 9:15 – 10:15 a.m.	<b>March 27</b> <b>Body Basics</b> 9 – 10 a.m.	<b>March 28</b>	<b>March 29</b> Facility Closed	<b>March 30</b> No Classes
		<b>Essentrics®</b> 10:45 – 11:45 a.m.	<b>Zumba®</b> 10:15 – 11:15 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>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>Table Tennis</b> 6:45 – 7:45 p.m.		<b>Tai Chi</b> 6:30 – 7:30 p.m.  <b>Dance4One</b> 7:45 – 8:45 p.m.	<b>Dance4One</b> 7:45 – 8:45 p.m.		
<b>March 31</b> Facility Closed	<b>April 1</b> Facility Closed					

Schedule subject to change without notice.