



Fitness Drop-In Schedule

In Effect June 29 to August 30

Mike Butler Room

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|---|----------|
| Qi Gong 11:15 a.m. - 12:15 p.m. (Northview Room) | Fit 360 9:30 - 10:30 a.m. Body Basics 10:45 - 11:45 a.m. Chair Fit 12 - 1 p.m. | *Zumba Gold® 9 - 10 a.m. Low Impact 10:30 - 11:30 a.m. Dance4One 11:30 a.m. - 12:30 p.m. (PSLC Room 1) | Hatha Yoga 9:30 - 10:30 a.m. Gentle Impact 4 Healthy Bones 11 a.m. - 12 p.m. Chair Fit 12:15 - 1:15 p.m. Qi Gong 7:15 - 8:15 p.m. (Northview Room) | *Zumba Gold® 9:15 - 10:15 a.m. Fit 360 10:30 - 11:30 a.m. | Body Basics 9:15 - 10:15 a.m. | |

Centennial Room

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| | *Group Ride 9:30 - 10:30 a.m. (check in at PSLC) *Group Ride 6 - 6:45 p.m. (check in at PSLC) *Essentrics 7 - 8 p.m. | *Group Ride 9:30 - 10:30 a.m. (check in at PSLC) *Group Ride 6 - 6:45 p.m. (check in at PSLC) *Zumba® 7:15 - 8:15 p.m. | *Group Ride 9:30 - 10:30 a.m. (check in at PSLC) *Group Ride 6 - 6:45 p.m. (check in at PSLC) | *Group Ride 9:30 - 10:30 a.m. (check in at PSLC) *Group Ride 6 - 6:45 p.m. (check in at PSLC) *Zumba® 7:15 - 8:15 p.m. | *Group Ride 8:30 - 9:15 a.m. (check in at PSLC) *Essentrics 10 - 11 a.m. | *Group Ride 8:15 - 9 a.m. (check in at PSLC) Low Impact 9:30 - 10:30 a.m. |
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Schedule subject to change without notice. *Pre-registration is required for this program.