



## Drop-in Schedule

In Effect June 28 to August 30

## Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>*Zumba Gold®</b> 9 – 10 a.m.  <b>Gentle Impact for Healthy Bones</b> 10:15 – 11:15 a.m.  <b>Low Impact</b> 11:30 a.m. – 12:30 p.m.  <b>Dance4One</b> 12:45 – 1:45 p.m.  <b>Dance4One Themed</b> 3:15 – 4:15 p.m.	<b>Hatha Yoga</b> 9 – 10 a.m.  <b>Tai Chi</b> 9:30 – 10:30 a.m.  <b>*Essentrics</b> 10:30 – 11:30 a.m.  <b>Dance4One Belly</b> 5:15 – 6:15 p.m.	<b>Body Basics</b> 9 – 10 a.m.  <b>*Zumba®</b> 10:15 – 11:15 a.m.  <b>Active Joints</b> 11:30 a.m. – 12:30 p.m.  <b>Dance4One</b> 1 – 2 p.m.	<b>Low Impact</b> 9:30 – 10:30 a.m.  <b>Dance4One</b> 12:15 – 1:15 p.m.  <b>*Zumba Gold®</b> 1:30 – 2:30 p.m.  <b>*Table Tennis</b> 3 – 5 p.m.  <b>*Zumba®</b> 5:30 – 6:30 p.m.  <b>Dance4One</b> 6:45 – 7:45 p.m.	<b>Hatha Yoga</b> 9 – 10 a.m.  <b>Fit 360</b> 10:15 – 11:15 a.m.	<b>Fit 360</b> 9:30 – 10:30 a.m.  <b>*Zumba®</b> 10:45 – 11:45 a.m.

Schedule subject to change without notice. \*Pre-registration is required for this program.

## Toonie Drop-ins

<b>*Spanish Social</b> Tuesday 4:30 – 6 p.m.	<b>*Open Art Studio</b> Wednesday 9:30 a.m. – 12 p.m.  <b>*Social Dance</b> Wednesday 2:15 – 4:15 p.m.	<b>*Technology</b> Thursday 10 a.m. – 12 p.m.  <b>*Play Chess</b> Thursday 3:30 – 7:30 p.m.	<b>*Friday Movies</b> Friday 1 – 3 p.m.  <b>*Play Dungeons and Dragons</b> Saturday 12:15 – 2:45 p.m.	Scan for the most up-to-date schedule  Updated 06/26/2025
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