



Drop-in Schedule


In effect Aug. 31 to Dec. 20

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Zumba Gold® 9 - 10 a.m. Gentle Impact for Healthy Bones 10:15 - 11:15 a.m. Low Impact 11:30 a.m. - 12:30 p.m. *Dance4One 1 - 2 p.m. *Dance4One Themed 3:30 - 4:30 p.m. QiGong 6 - 7 p.m. Low Impact 6:15 - 7:15 p.m. Pilates 7:30 - 8:30 p.m.	Hatha Yoga 9 - 10 a.m. Tai Chi 9:30 - 10:30 a.m. *Essentrics 10:30 - 11:30 a.m. Active Joints 12 - 1 p.m. *Dance4One Belly 6:30 - 7:30 p.m.	Body Basics 9 - 10 a.m. *Zumba® 10:15 - 11:15 a.m. Active Joints 11:30 a.m. - 12:30 p.m. *Dance4One 1 - 2 p.m. *Dance4One 4 - 5 p.m. *Essentrics 5:15 - 6:15 p.m. Tai Chi 6 - 7 p.m. *Zumba Sentao® 6:30 - 7:30 p.m.	Low Impact 9:30 - 10:30 a.m. *Dance4One 12:15 - 1:15 p.m. *Zumba Gold® 1:30 - 2:30 p.m. *Table Tennis 3 - 5 p.m. *Dance4One 7:45 - 8:45 p.m.	Hatha Yoga 9 - 10 a.m. Fit 360 10:15 - 11:15 a.m.	Fit 360 9:30 - 10:30 a.m. *Zumba® 10:45 - 11:45 a.m.

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

Toonie Drop-in Schedule

*Technology Tuesdays 2 - 4 p.m. *Spanish Social Tuesdays 4:30 - 6 p.m.	*Social Dance Wednesdays 2:15 - 3:45 p.m. *Play Chess Wednesdays 5:15 - 8:30 p.m.	*Technology Thursdays 10 a.m. - 12 p.m. *Friday Movies Fridays 1 - 3:30 p.m.	*Play Dungeons and Dragons Saturdays 12:30 - 2:45 p.m. *Floor Curling Saturdays 1:30 - 2:45 p.m.	Scan for the most up-to-date schedule  Updated 08/14/2025
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