



Holiday Fitness Drop-In Schedule

In Effect Dec. 21 to 27

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Zumba Toning® 12:15 - 1:15 p.m.	Cardio Core 9:30 - 10:30 a.m. Pilates/Yoga Fusion 10:45 - 11:45 a.m. Hatha Yoga 12 - 1 p.m. Fit 360 5:30 - 6:30 p.m. NRG Circuit 7 - 8 p.m. Yin Deep Stretch Yoga 8:15 - 9:15 p.m.	NRG Circuit 9:30 - 10:30 a.m. Hatha Yoga 7 - 8 p.m.	Fit 360 9:30 - 10:30 a.m. *Zumba Toning® 10:45 - 11:45 a.m.	Facility Closed Happy Holidays!	*Zumba 10:45 - 11:45 a.m. Hatha Yoga 12 - 1 p.m.	Pilates 9:15 - 10:15 a.m.

Multipurpose Rooms 1 and 2

*Group Ride 8:15 - 9 a.m.	*Group Ride 9:30 - 10:15 a.m. *Group Ride 5:30 - 6:15 p.m.	*Group Ride 7:30 - 8:15 p.m.	*Group Ride 9:30 - 10:15 a.m.		*Group Ride 9:00 - 9:45 a.m. (Women's only)	
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Schedule subject to change without notice.

*Pre-registration is required for this program.

** Adult participation required.