



Holiday Fitness Drop-In Schedule

In Effect Dec. 21 to 27

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 11:15 a.m. - 12:15 p.m. (Crafts Room)	Fit 360 9:30 - 10:30 a.m. Body Basics 10:45 - 11:45 a.m.	*Zumba Gold® 9 - 10 a.m. Low Impact 10:15 - 11:15 a.m. *Dance4One 11:30 a.m. - 12:30 p.m. (Northview Room)	Gentle Impact 4 Healthy Bones 11 a.m. - 12 p.m.	Facility Closed Happy Holidays!	Facility Closed Happy Holidays!	

Centennial Room

	*Group Ride 9:30 - 10:30 a.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.				
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Schedule subject to change without notice.

*Pre-registration is required for this program.