



Holiday Fitness Drop-In Schedule

In Effect Dec. 28 to Jan. 3

Mike Butler Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	Body Basics 9:15 - 10:15 a.m.	

Centennial Room

	*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)	*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)	*Group Ride 9:30 - 10:30 a.m. (check in at PSLC)		*Group Ride 9:30 - 10:30 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.