




Holiday Fitness Drop-in Schedule

In Effect Dec. 21 - 27

Fitness Studio - Multipurpose Room 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tai Chi 9:15 - 10:15 a.m. Pilates 10:45 - 11:45 a.m. *Zumba® 12:15 - 1:15 p.m.	Pilates 9:30 - 10:30 a.m. *Zumba® 6:15 - 7:15 p.m.	Fit 360 10:15 - 11:15 a.m. Hatha Yoga 11:30 a.m. - 12:30 p.m.	Hatha Yoga 10:45 - 11:45 a.m.	Facility Closed Happy Holidays!	Facility Closed Happy Holidays!	
					Scan for the most up-to-date schedule 	
					Updated 11/30/2025	

Schedule subject to change without notice.

*Pre-registration is required for this program