



Fitness Drop-In Schedule

In effect Sept 9 to Dec 19

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Zumba Toning® 12:15 - 1:15 p.m. <i>(Starts Oct. 18)</i>	Cardio Core Conditioning 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. Yin Deep Stretch Yoga 8:15 - 9:15 p.m.	NRG Circuit 9:30 - 10:30 a.m. Pilates 10:45 - 11:45 a.m. Cardio Core Conditioning 5:30 - 6:30 p.m. Hatha Yoga 7 - 8 p.m.	Fit 360 9:30 - 10:30 a.m. *Zumba Toning® 10:45 - 11:45 a.m. Pilates 12:30 - 1:30 p.m. Yin Deep Stretch 5:30 - 6:45 p.m. Fit 360 7 - 8 p.m. Hatha Yoga 8:15 - 9:15 p.m.	Body Basics 9:30 - 10:30 a.m. Vinyasa Flow Yoga 10:45 - 11:45 a.m. Stretch & Meditation 12 - 12:45 p.m. *Essentrics Beginner 1:15 - 2:15 p.m. Cardio Core 7 - 8 p.m. Hatha Yoga 8:15 - 9:15 p.m.	Low Impact 9:30 - 10:30 a.m. *Zumba 10:45 - 11:45 a.m. Hatha Yoga 12 - 1 p.m. NRG Circuit 5:30 - 6:30 p.m.	Pilates 9:15 - 10:15 a.m.

Multipurpose Rooms 1 and 2

*Group Ride 9:15 - 10 a.m. <i>(Starts Oct. 11)</i>	*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 5:30 - 6:15 p.m.	*Group Ride 7:30 - 8:15 p.m.	*Group Ride 9:30 - 10:15 a.m.	
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Schedule subject to change without notice. *Pre-registration is recommended for this program.