



Drop-in Schedule

In effect Sep. 6 to Dec. 19

Group Fitness and Adult Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*Zumba Gold® 9 - 10 a.m. Gentle Impact 4 Healthy Bones 10:15 - 11:15 a.m. Low Impact 11:30 a.m. - 12:30 p.m. *Dance4One 1 - 2 p.m. *Dance4One Themed 3:45 - 4:45 p.m. QiGong 6 - 7 p.m. Pilates 7:30 - 8:30 p.m.	Hatha Yoga 9 - 10 a.m. Tai Chi 9:30 - 10:30 a.m. *Essentrics 10:30 - 11:30 a.m. Active Joints 12 - 1 p.m. *Dance4One Belly 6:30 - 7:30 p.m.	Body Basics 9 - 10 a.m. *Zumba® 10:15 - 11:15 a.m. Active Joints 11:30 a.m. - 12:30 p.m. *Dance4One 1 - 2 p.m. *Dance4One 4 - 5 p.m. *Essentrics 5:15 - 6:15 p.m. (Starts Sep. 16) Tai Chi 6 - 7 p.m. (Starts Sep. 16) *Zumba Sentao® 6:30 - 7:30 p.m. (Starts Sep. 16)	Low Impact 9:30 - 10:30 a.m. *Dance4One 12:15 - 1:15 p.m. *Zumba Gold® 1:30 - 2:30 p.m. *Table Tennis 3 - 5 p.m. *Zumba® 5:30 - 6:30 p.m. *Dance4One 7:45 - 8:45 p.m.	Hatha Yoga 9 - 10 a.m. Fit 360 10:15 - 11:15 a.m.	Fit 360 9:30 - 10:30 a.m. *Zumba® 10:45 - 11:45 a.m. *Table Tennis 12:30 - 2:30 p.m.

Schedule subject to change without notice. *Pre-registration is recommended for this program.

Toonie Drop-in Schedule

*Spanish Social Tuesdays 4:30 - 6 p.m.	*Social Dance Wednesdays 2:15 - 3:45 p.m. *Play Chess Wednesdays 5:30 - 8:30 p.m.	*Technology Thursdays 10 a.m. - 12 p.m.	*Friday Movies Fridays 1 - 3:30 p.m.	Scan for the most up-to-date schedule  Updated 09/03/2026
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