

Group Fitness

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

Dogwood Pavilion Drop-in

March 17	March 18 Fit 360 9:30 – 10:30 a.m.	March 19 Zumba Gold® 9 – 10 a.m.	March 20 Hatha Yoga 9:30 – 10:30 a.m.	March 21 Zumba Gold® 9:15 – 10: 15 a.m.	March 22	March 23 Low Impact 9:30 – 10:30 a.m.
Qigong 11 – 12 p.m.	Body Basics 10:45 – 11:45 a.m.				Essentrics 10 – 11 a.m. Dance4One 1 – 2 p.m.	
	Essentrics 7 – 8 p.m.	Dance4One 6 – 7 p.m. Zumba 7:15 – 8:15 p.m.				
March 24	March 25 Fit 360 9:30 – 10:30 a.m.	March 26	March 27 Hatha Yoga 9:30 – 10:30 a.m.	March 28 Zumba Gold® 9:15 – 10: 15 a.m.	March 29 Facility Closed	March 30 Low Impact 9:30 – 10:30 a.m.
Qigong 11 – 12 p.m.	Body Basics 10:45 – 11:45 a.m.			Fit 360 10:30 – 11:30 a.m.		
	Essentrics 7 – 8 p.m.	Dance4One 6 – 7 p.m. Zumba 7:15 – 8:15 p.m.				
March 31 Facility Closed	April 1 Facility Closed					

Schedule subject to change without notice.