




# Drop-in Schedule

In effect Aug. 31 - Dec. 20

## Fitness Studio - Multipurpose Room 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tai Chi</b> 9:15 - 10:15 a.m.  <b>Pilates</b> 10:45 - 11:45 a.m.  <b>*Zumba®</b> 12:15 - 1:15 p.m.	<b>Pilates</b> 9:30 - 10:30 a.m.  <b>*Zumba®</b> 6:15 - 7:15 p.m.	<b>Fit 360</b> 10:15 - 11:15 a.m.  <b>Hatha Yoga</b> 11:30 a.m. - 12:30 p.m.	<b>*Zumba®</b> 9:30 - 10:30 a.m.  <b>Hatha Yoga</b> 10:45 - 11:45 a.m.  <b>*Dance4One</b> 12 - 1 p.m.  <b>Yin Deep Stretch Yoga</b> 7:45 - 8:45 p.m.	<b>NRG Circuit</b> 9:15 - 10:15 a.m.  <b>*Essentrics</b> 10:30 - 11:30 a.m.  <b>Hatha Yoga</b> 11:45 a.m. - 12:45 p.m.	<b>*Zumba®</b> 9:15 - 10:15 a.m.  <b>Cardio Core Conditioning</b> 10:45 - 11:45 a.m.  <b>*Dance4One</b> 12:30 - 1:30 p.m.	<b>Hatha Yoga</b> 9:30 - 10:30 a.m.
					Scan for the most up-to-date schedule 	
					Updated 08/21/2025	

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