




Fitness Drop-in Schedule

In effect Aug. 31 to Dec. 20

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vinyasa Flow 9 - 10 a.m. Fit 360 10:15 - 11:15 a.m. Hatha Yoga 7:30 - 8:30 p.m.	*Group Ride (Centennial) 9:30 - 10:30 a.m. NRG Circuit 9:30 - 10:30 a.m. *Zumba® 11 a.m. - 12 p.m. *Group Ride (Centennial) 6 - 6:45 p.m. Power Yoga 6:15 - 7:15 p.m. Fit 360 7:30 - 8:30 p.m. Hatha Yoga (Room 2) 7:45 - 9 p.m.	*Group Ride (Centennial) 9:30 - 10:30 a.m. Vinyasa Flow 9:30 - 10:30 a.m. Body Basics 10:45 - 11:45 a.m. *Group Ride (Centennial) 6 - 6:45 p.m. Iron & HIIT 6 - 7 p.m. *Zumba® (Centennial) 7:15 - 8:15 p.m. Hatha Yoga 8:30 - 9:30 p.m.	*Group Ride (Centennial) 9:30 - 10:30 a.m. Cardio Core Conditioning 9:30 - 10:30 a.m. Hatha Yoga 10:45 a.m. - 12 p.m. *Group Ride (Centennial) 6 - 6:45 p.m. NRG Circuit 6 - 7 p.m. *Zumba® 7:15 - 8:15 p.m.	*Group Ride (Centennial) 9:30 - 10:30 a.m. Vinyasa Flow 9:30 - 10:30 a.m. *Group Ride (Centennial) 6 - 6:45 p.m. Pilates 6 - 7 p.m. *Zumba® (Centennial) 7:15 - 8:15 p.m. Iron & HIIT 7:15 - 8:15 p.m.	*Group Ride (Centennial) 8:30 - 9:15 a.m. Step Remix 9:30 - 10:30 a.m. Pilates 10:45 - 11:45 a.m. *Zumba® 5:45 - 6:45 p.m.	*Group Ride (Centennial) 8:15 - 9 a.m. *Zumba Toning® 9:45 - 10:45 a.m. Hatha Yoga 11 a.m. - 12 p.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.