




# Holiday Fitness Drop-in Schedule

In Effect Dec. 28 - Jan. 3

## Fitness Studio - Multipurpose Room 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Pilates</b> 10:45 - 11:45 a.m.</p> <p><b>*Zumba®</b> 12:15 - 1:15 p.m.</p>	<p><b>Pilates</b> 9:30 - 10:30 a.m.</p> <p><b>*Zumba®</b> 6:15 - 7:15 p.m.</p>	<p><b>Hatha Yoga</b> 10:45 - 11:45 a.m.</p>		<p><b>Facility Closed</b></p>	<p><b>*Zumba®</b> 9:15 - 10:15 a.m.</p> <p><b>Cardio Core Conditioning</b> 10:45 - 11:45 a.m.</p>	
					<p>Scan for the most up-to-date schedule</p>  <p>Updated 11/30/2025</p>	

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