




Fitness Drop-in Schedule

In effect June 28 to Sept. 5

Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Essentrics 9 - 10 a.m. (Centennial)</p> <p>Vinyasa Flow 9 - 10 a.m.</p> <p>Fit 360 10:15 - 11:15 a.m.</p> <p>Hatha Yoga 7:30 - 8:30 p.m.</p>	<p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>NRG Circuit 9:15 - 10:15 a.m.</p> <p>*Zumba® 10:45 - 11:45 a.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Power Yoga 6:15 - 7:15 p.m.</p> <p>Fit 360 7:30 - 8:30 p.m.</p> <p>Hatha Yoga (Room 2) 7:45 - 9 p.m.</p>	<p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow 9:30 - 10:30 a.m.</p> <p>Body Basics 10:45 - 11:45 a.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Iron & HIIT <i>(August Only)</i> 6 - 7 p.m.</p> <p>*Zumba® (Centennial) 7:15 - 8:15 p.m.</p> <p>Hatha Yoga 8:30 - 9:30 p.m.</p>	<p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Cardio Core Conditioning 9:30 - 10:30 a.m.</p> <p>Hatha Yoga 10:45 a.m. - 12 p.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>*Zumba® 7:15 - 8:15 p.m.</p>	<p>*Group Ride (Centennial) 9:30 - 10:30 a.m.</p> <p>Vinyasa Flow 9:30 - 10:30 a.m.</p> <p>*Group Ride (Centennial) 6 - 6:45 p.m.</p> <p>Pilates 6 - 7 p.m.</p> <p>Iron & HIIT 7:15 - 8:15 p.m.</p> <p>*Zumba® (Centennial) 7:15 - 8:15 p.m.</p>	<p>*Group Ride (Centennial) 8:30 - 9:15 a.m.</p> <p>Step Remix 9:30 - 10:30 a.m.</p> <p>Pilates 10:45 - 11:45 a.m.</p> <p>*Zumba® 5:45 - 6:45 p.m.</p>	<p>*Zumba Toning® 9:30 - 10:30 a.m.</p> <p>Hatha Yoga 11 a.m. - 12 p.m.</p>
					<p>Scan for the most up-to-date schedule</p> 	
						<p>Updated 06/23/2026</p>

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