

Fitness Classes

Fall & Winter 2024

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am Hatha Yoga Barbara	9:00am Mindful Movement Flow Felicia	9:00am Mat Pilates Pauline	9:00am Pilates with Props Felicia	9:00am Hatha Yoga Jasmine	9:00 am Yoga Flow Jasmine	9:00am Core Yoga Flow Pauline
10:00am Yoga Flow Jasmine	10:00am Sock Ballet Felicia	10:00am Pilates on the Ball Pauline	10:00am Barre Felicia	10:00am Restorative Yoga with Aromatherapy Jasmine	10:00am Aqua Bootcamp (limited series) Jasmine	10:00am Restorative Yoga with Meditation Pauline
11:15am Deep Water Workout Jasmine	11:15am Aqua Dance Felicia	11:15am Aqua Zumba Pauline	11:15am Pool Aerobics Felicia	11:15am Pool Aerobics Jasmine	11:00am Zumba Pauline	11:15am Aqua Zumba Pauline
		5:30pm Restorative Yoga with Aromatherapy Jasmine	1:00pm Tap4Fun! (limited series) Felicia		2:00pm Guided Forest Walk Pauline	

We proudly offer Integrative Health and Wellness Coaching at the Spa at the Equinox.
For more detail or to reserve your spot in class, please call the Spa at 802-362-7881