

# Fitness Classes

Summer 2024

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am Hatha Yoga <b>Barbara</b>	9:00am Pond Yoga <b>Barbara</b>	9:00am Mat Pilates <b>Pauline</b>	9:00am Mat Pilates <b>Felicia</b>	9:00am Hatha Yoga <b>Jasmine</b>	9:00am Pond Yoga <b>Jasmine</b>	9:00am Prana Yoga & Meditation <b>Pauline</b>
10:00am Sun/Moon Yoga <b>Jasmine</b>	10:00am Sock Ballet <b>Felicia</b>		10:00am Barre <b>Felicia</b>	10:00am Sun/Moon Yoga <b>Jasmine</b>		
11:15am Deep Water Aerobics <b>Jasmine</b>	11:15am Pool Aerobics <b>Felicia</b>	11:15am Aqua Zumba <b>Pauline</b>	11:15am Pool Aerobics <b>Felicia</b>	11:15am Pool Aerobics <b>Jasmine</b>	11:00am Zumba +Gold <b>Pauline</b>	11:15am Aqua Zumba <b>Pauline</b>
		5:30pm Restorative Yoga with Aromatherapy <b>Jasmine</b>	4:00pm Guided Forest Walk (90 Minutes) <b>Lara</b>		1:00pm Guided Forest Walk (90 Minutes) <b>Pauline</b>	

We kindly ask that you reserve your spot in class. Please stop by the spa or give us a call 802-362-7881 or ext. 881