



Fitness Classes

Summer 2025

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am Mountainside Yoga Barbara	9:00am Barre Felicia	9:00am Mat Pilates Pauline	9:00am Pilates with Props Felicia	9:00am Hatha Yoga Jasmine	9:00am Mountainside Yoga Jasmine	9:00am Garden Yoga Jasmine
10:00am Pilates on the Ball Pauline	10:00am Mat Pilates Felicia	10:00am Core Yoga Flow Pauline	10:00am Barre Felicia	10:00am Restorative Yoga Jasmine		10:00am Yoga Flow Jasmine
11:15am Deep Water Workout Pauline	11:15am Aqua Aerobics Felicia	11:15am Aqua Zumba® Pauline	11:15am Pool Power Felicia	11:15am Deep Water Aerobics Jasmine	11:15am Zumba® Pauline	11:15am Aqua Boot Camp Jasmine
3:00pm Circuit Training Lara	1:00pm Tap4Fun! Felicia		1:00pm Tap4Fun! Felicia		2:00pm Nature Hike Pauline	
4:00pm Nature Hike Lara		5:30pm Restorative Yoga Jasmine	4:00pm Nature Hike Lara		5:00pm Restorative Yoga Pauline	

Please wear appropriate footwear for Zumba®, hiking, and circuit training.
Classes are weather permitting

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