



Fitness Classes

Winter 2025

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am Hatha Yoga Barbara	9:00am Barre Felicia	9:00am Mat Pilates Pauline	9:00am Pilates with Props Felicia			9:00am (9:00am-10:30am) Core Yoga Flow Pauline
10:00am Yoga Flow Barbara	10:00am Mat Pilates Felicia	10:00am Hatha Pauline	10:00am Barre Felicia	10:00am Sock Ballet Felicia		
11:15am Deep Water Workout Pauline	11:15am Aqua Dance Felicia	11:15am Aqua Zumba Pauline	11:15am Pool Aerobics Felicia	11:15am Pool Power Felicia	11:00am Zumba® Pauline	11:15am Aqua Zumba® Pauline
2:00pm Circuit Training Lara			1:00pm Tap4Fun! (limited series) Felicia	2:00pm Circuit Training Lara	2:00pm Nature Hike Pauline	
					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