

Fitness Classes

SPRING, March-May 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am ZUMBA Pauline	9:00am BARRE Felicia	9:00am HATHA YOGA Jasmine	9:00am ZUMBA Felicia	9:00am ZUMBA Jasmine		9:00am YOGA FLOW Pauline
10:00am PILATES ON THE BALL Pauline	10:00am MAT PILATES Felicia	10:00am CHAIR YOGA Jasmine	10:00am PILATES WITH PROPS Felicia	10:00am PILATES ON THE BALL Jasmine		10:00am MAT PILATES Pauline
11:15am DEEP WATER WORKOUT Pauline	11:15am AQUA AEROBICS Felicia	11:15am AQUA BOOT CAMP Jasmine	11:15am POOL POWER Felicia	11:15am DEEP WATER AEROBICS Jasmine	11:15am ZUMBA Pauline	11:15am AQUA AEROBICS Pauline
		1:00pm MAT PILATES Pauline	1:00pm TAP 4 FUN!! Felicia			
5:30pm YOGA FLOW Pauline		5:30pm RESTORATIVE YOGA Jasmine		4:00pm FLOATING SOUND BATH Jasmine		2:00pm RESTORATIVE YOGA Pauline

Please wear appropriate footwear.
Classes may be held outdoors, 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