

# Fitness Class Schedule 11/18 - 11/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FFIT 7-7:30 S/Z		FFIT 7-7:30 S/Z		FFIT 7-7:30 S/Z
FFIT 8-8:30 S/Z		FFIT 8-8:30 S/Z		FFIT 8-8:30 S/Z
Seated Beg. Resist. S 9-9:30	Better Balance 3 S 9:15-9:45	Seated FFIT S 9-9:30	Better Balance 3 S 9:15-9:45	Aqua Fitness Pool 9-9:30
	Core Activate/Ex S 10:00-10:30			
Better Balance 2 MP 10:15-10:45		Better Balance 2 MP 10:15-10:45		Better Balance 2 MP 10:15-10:45
Better Balance 1 MP 11-11:30		Better Balance 1 MP 11-11:30	Aqua Fitness Pool 11:15 -12:00	Better Balance 1 MP 11-11:30
Cardio/Stregnth S 1:15-2:00	Aqua Fitness Pool 1:15-2:00	Cardio/Stregnth S 1:15-2:00		
Begin Resistance S 2:40-3:10				
	Move for Joy S 3:00-3:30		zoom.us/my/juliebit passcode 1955	
Stretch and Roll S 3:40-4:10		Stretch and Roll S 3:40-4:10		
Aqua Fitness Pool 4:40-5:10		Core Activate/EX S 4:40-5:10		



S/Z = Fitness Studio and Zoom  
 MP = Manor Multi-Purpose Room  
 S = Fitness Studio

Class Descriptions available at [wvresident.org](http://wvresident.org)