

Fitness Class Schedule 1/12- 1/16

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	
	Core Activate/Ex S 10:00-10:30		Move for Joy GL 10:15-10:45	Better Balance 2 TA 10:15-10:45
Better Balance 2 TA 10:15-10:45		Balance 1 and Balance 2 Cancelled for OHSU Balance Presentation		
Better Balance 1 TA 11-11:30			Aqua Fitness Pool 11:15-12:00	Better Balance 1 TA 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 Cancelled		Move for Joy TR 2:30 - 3:00
	Move for Joy Cancelled	Parkinsons S 3:30 - 4:15
Stretch and Roll Cancelled	Move for Joy GL 3:45 - 4:15	
Aqua Fitness Pool 4:40-5:10		Core Activate/EX S 4:40-5:10

zoom.us/my/juliebfit
passcode 1955



TR = Trillium
GL = Glacier Lilly
S/Z = Fitness Studio and Zoom
TA = Terrace Auditorium
S = Fitness Studio
MP = Manor MultiPurpose Room

Class Descriptions available at wvresident.org