Fitness Class Schedule 11/23 - 11/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FFIT 7-7:30 **S/Z** **FFIT** 8-8:30 **S/Z**		Classes Canceled Happy Thanksgiving!		
Seated Beg. Resist. **S** 9-9:30	**Better Balance 3** **S** 9:15-9:45			
Better Balance 2 **S** 10:15-10:45				
Better Balance 1 **S** 11-11:30				
Cardio/Strength **S 1**:15-2:00 **Begin Resistance** **S** 2:40-3:10	**Aqua Fitness** **Pool** 1:15 - 2:00			
Stretch and Roll **S** 3:40-4:10	**Move for Joy** **HCGL** 3:45 - 4:15			
Aqua Fitness **Pool** 4:40-5:10		**0**		

zoom.us/my/juliebfit
passcode 1955

TR = Trillium
GL = Glacier Lilly
S/Z = Fitness Studio and Zoom
S = Fitness Studio

Class Descriptions available at wvresident.org