Fitness Class Schedule 11/9 - 11/13

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	
Better Balance 2 **S** 10:15-10:45		**Better Balance 2** **S** 10:15-10:45	**Move for Joy** **GL** 10:15-10:45	**Better Balance 2** **S** 10:15-10:45
Better Balance 1 **S** 11-11:30		**Better Balance 1** **S** 11-11:30	**Aqua Fitness** **Pool** 11:15-12:00	**Better Balance 1** **S** 11-11:30
Cardio/Strength **S 1**:15-2:00	**Aqua Fitness** **Pool** 1:15 - 2:00	**Cardio Strength** **S** 1:15-2:00		
Begin Resistance **S** 2:40-3:10		**Move for Joy** **TR** 2:30 - 3:00		
Stretch and Roll **S** 3:40-4:10	**Move for Joy** **Canceled**	**Parkinsons** **S** 3:30 - 4:15		
Aqua Fitness **Pool** 4:40-5:10				

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