

Fitness Class Schedule 1/19 - 1/23

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	Staff Meet 8:15	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 9:45 - 10:15		Move for Joy	
Better Balance 2 MP 10:15-10:45		Better Balance 2 MP 10:15-10:45	HCGL 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/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 HCT 2:30- 3:00
	Move for Joy S 3:00-3:30	
Stretch and Roll S 3:40-4:10		Parkinsons S 3:30 - 4:15
	Move for Joy HCGL 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