## Fitness Class Schedule 1/20 - 1/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FFIT</b> 7-7:30 <b>S/Z</b>		<b>FFIT</b> 7-7:30 <b>S/Z</b>		<b>FFIT</b> 7-7:30 <b>S/Z</b>
<b>FFIT</b> 8-8:30 <b>S/Z</b>		<b>FFIT</b> 8-8:30 <b>S/Z</b>		FFIT 8-8:30 S/Z
Seated Beg. Resist.	Better Balance 3	Seated FFIT	Better Balance 3	Agua Eitnass
<b>S</b> 9-9:30	\$ 9:15-9:45	<b>S</b> 9-9:30	S 9:15-9:45	Aqua Fitness  Cancelled
	Core Activate/Ex \$ 10:00-10:30		_	
Better Balance 2	3 10.00 10.50	Better Balance 2		Better Balance 2
MP 10:15-10:45		<b>MP</b> 10:15-10:45		<b>MP</b> 10:15-10:45
			]	
Better Balance 1		Better Balance 1		Better Balance 1 MP 11-11:30
MP 11-11:30		MP 11-11:30	Aqua Fitness	WIP 11-11:30
			Cancelled	
Cardio/Stregnth	Aqua Fitness	Cardio/Stregnth		
<b>\$</b> 1:15-2:00	Cancelled	<b>\$</b> 1:15-2:00		
Begin Resistance			•	
<b>\$</b> 2:40-3:10				
	Move for Joy		zoom.us/n	ny/juliebfit
Stretch and Roll	Cancelled	Stretch and Roll	passcode 1955	
<b>\$</b> 3:40-4:10		S 3:40-4:10		
<u></u>			回数	\$熟 <b>回</b>
Aqua Fitness		Core Activate/EX	2000 2000 2000 2000 2000 2000 2000 200	#/24# #/#**
Cancelled		S 4:40-5:10	A CONTRACTOR OF THE CONTRACTOR	<b>158</b> 88
				5 <b>9</b> (0)
			— 177 — 177	CONTRACT CONTRACTO
<b>S/Z</b> = Fitness Studio	and 700m		同於:	<del>2788</del>
MP = Manor Multi-I				

Class Descriptions available at wvresident.org

**S** = Fitness Studio