

# Fitness Class Schedule 11/9 - 11/29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
FFIT 7-7:30 S/Z		<b>All Classes Cancelled Today Only Happy Holiday!</b>		FFIT 7-7:30 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			Better Balance 3 S 9:15-9:45	Aqua Fitness Pool 9-9:30
	Core Activate/Ex S 10:00-10:30				
Better Balance 2 MP 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	
Cardio/Stregnth S 1:15-2:00	Aqua Fitness Pool 1:15-2:00				
Begin Resistance S 2:40-3:10					
	Move for Joy S 3:00-3:30				
Stretch and Roll S 3:40-4:10					
Aqua Fitness Pool 4:40-5:10					

zoom.us/my/juliebit  
passcode 1955



S/Z = Fitness Studio and Zoom  
MP = Manor Multi-Purpose Room  
S = Fitness Studio

Class Descriptions available at [wvresident.org](http://wvresident.org)