

# Fitness Class Schedule 2/2- 2/6

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	Classes cancelled today only	
	Core Activate/Ex S 10:00-10:30			
Better Balance 2 TA 10:15-10:45		Balance Classes Cancelled today only		Better Balance 2 TA 10:15-10:45
Better Balance 1 TA 11-11:30				Better Balance 1 TA 11-11:30

Cardio/Stregnth S 1:15-2:00	Aqua Fitness Pool 1:15 - 2:00	Cardio/Stregnth S 1:15-2:00
Begin Resistance S 2:40-3:10		Cardio Strength S 1:15-2:00
	Move for Joy S 3:00-3:30	Move for Joy HCT 2:30- 3:00
Stretch and Roll S 3:40-4:10	Move for Joy GL 3:45 - 4:15	
Aqua Fitness Pool 4:40-5:10		Parkinsons S 3:30 - 4:15

zoom.us/my/juliebf  
passcode 1955



**TR** = Trillium  
**GL** = Glacier Lilly  
**S/Z** = Fitness Studio and Zoom  
**TA** = Terrace Auditorium  
**S** = Fitness Studio  
**MP** = Manor MultiPurpose Room

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