

Fitness Class Schedule 2/2- 2/6

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FFIT 7-7:30 S/Z
FFIT 8-8:30 S/Z

FFIT 7-7:30 S/Z
FFIT 8-8:30 S/Z

FFIT 7-7:30 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			
Better Balance 1 TA 11-11:30		Balance Classes Cancelled today only	

Cardio/Stregnth S 1:15-2:00	Aqua Fitness Pool 1:15 - 2:00	Cardio/Stregnth S 1:15-2:00	zoom.us/my/juliebfit passcode 1955
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	



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