

Fitness Class Schedule 2/9- 2/13

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	Better Balance 3 S 9:15-9:45	
	Core Activate/Ex S 10:00-10:30		Move for Joy HCGL 10:15-10:45	
Better Balance 2 TA 10:15-10:45		Better Balance 2 TA 10:15-10:45		Better Balance 2 TA 10:15-10:45
Better Balance 1 TA 11-11:30		Better Balance 1 TA 11-11:30	Aqua Fitness Pool 11:15-12:00	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	zoom.us/my/juliebfit passcode 1955 	
Begin Resistance S 2:40-3:10		Cardio Strength S 1:15-2:00		
	Move for Joy S 2:30-3:00	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