

Fitness Class Schedule 3/23 - 3/27

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			
Better Balance 2 S 10:15-10:45		Better Balance 2 S 10:15-10:45	Move for Joy GL 10:15-10:45	Better Balance 2 S 10:15-10:45
Better Balance 1 S 11-11:30		Better Balance 1 S 11-11:30	Aqua Fitness Pool 11:15 - 12:00	Better Balance 1 S 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/juliebfitt passcode 1955	
Begin Resistance S 2:40-3:10		Move for Joy TR 2:30- 3:00		
Stretch and Roll S 3:40-4:10	Move for Joy S 3:00 - 3:30	Parkinsons S 3:30 - 4:15		
	Move for Joy			
Aqua Fitness Pool 4:40-5:10	HCGL 3:45-4:15	Core Activate/EX S 4:40-5:10		



TR = Trillium
 GL = Glacier Lilly
 S/Z = Fitness Studio and Zoom
 S = Fitness Studio

Class Descriptions available at wvresident.org