

Fitness Class Schedule 4/21 - 4/25

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	Aqua Fitness Pool 9-9:30
	Core Activate/Ex S 10:00-10:30			
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		Better Balance 1 TA 11-11:30
			Aqua Fitness Pool 11:15 -12:00	
Cardio/Str. Circuit S 1:15-2:00	Aqua Fitness Pool 1:15-2:00	Cardio/Str. Circuit S 1:15-2:00		
Begin Resistance S 2:40-3:10				
	Move for Joy S 3:00-3:30	Parkinson's S 3:30-4:15	zoom.us/my/juliebfit passcode 1955	
Stretch and Roll S 3:40-4:10				
Aqua Fitness Pool 4:40-5:10		Core Activate/EX S 4:40-5:10		



S/Z = Fitness Studio and Zoom

TA = Terrace Auditorium

S = Fitness Studio

MP = Manor MultiPurpose Room

Class Descriptions available at wvresident.org