

# Fitness Class Schedule 5/18 - 5/22

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	<a href="https://zoom.us/my/juliebit">zoom.us/my/juliebit</a> passcode 1955	
Begin Resistance S 2:40-3:10		Move for Joy S 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](http://wvresident.org)