

Fitness Class Schedule 5/4 - 5/8

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. Cancelled	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		
Begin Resistance S 2:40-3:10		Move for Joy S 2:30 - 3:00		
	Move for Joy S 3:00-3:30		zoom.us/my/juliebit passcode 1955	
Stretch and Roll S 3:40-4:10		Parkinsons S 3:30 - 4:15		
Aqua Fitness Pool 4:40-5:10	Move for Joy 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