

Fitness Class Schedule 6/23 - 6/27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cancelled		Cancelled		Cancelled
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 Cancelled	Seated FFIT S 9-9:30	Better Balance 3 Cancelled	Aqua Fitness Pool 9-9:30
	Core Activate/Ex Cancelled		Move for Joy Cancelled	
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 Cancelled	Aqua Fitness Pool 1:15-2:00	Cardio/Stregnth Cancelled		
Beginning Str. Cancelled	Move for Joy Cancelled	Move for Joy Cancelled	zoom.us/my/juliebfit passcode 1955	
Stretch and Roll Cancelled	Move for Joy Cancelled	Parkinsons Cancelled		
	Move for Joy Cancelled			
Aqua Fitness Cancelled		Core Activate/EX Cancelled		

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

