

Fitness Class Schedule 6/29 - 7/3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Classes Cancelled		FFIT 7-7:30 S/Z FFIT 8-8:30 S/Z		All Classes Cancelled Happy 4th of July
	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		Move for Joy HCGL 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	
Afternoon Classes Cancelled	Aqua Fitness Pool 1:15-2:00	Cardio Strength S 1:15-2:00		zoom.us/my/juliebit passcode 1955
		Move for Joy 2:30 - 3:00		
	Move for Joy S 3:00-3:30	Parkinsons S 3:30 - 4:15		
	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
- TA = Terrace Auditorium
- S = Fitness Studio
- MP = Manor MultiPurpose Room