

Fitness Class Schedule 7/7- 7/11

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		Move for Joy GL 10:15 - 10:45	
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 MP 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/Stregnth S 1:15-2:00		
Beginning Str. S 2:40 -3:10		Move for Joy TR 2:30 - 3:00	zoom.us/my/juliebfit passcode 1955	
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 GL 3:45 - 4:15			
Aqua Fitness Pool 4:40-5:10		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

Class Descriptions available at wvresident.org