

Fitness Class Schedule 8/10 - 8/14

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FFIT 8-8:30 S

FFIT 8-8:30 S

FFIT 8-8:30 S

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

Better Balance 2
S 10:15-10:45

Better Balance 2
S 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/Strength
S 1:15-2:00

Aqua Fitness
Pool 1:15-2:00

Cardio Strength
S 1:15-2:00

Parkinsons
S 3:30 - 4:15

zoom.us/my/juliebfitt
passcode 1955

Aqua Fitness
Pool 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