

# Fitness Class Schedule 8/11 - 8/15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FFIT 7-7:30 S/Z		FFIT 7-7:30 S/Z		FFIT Classes Cancelled
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		Balance Classes Cancelled Today Only		
Better Balance 1 TA 11-11:30			Aqua Fitness Pool 11:15 -12:00	Better Balance 1 TA 11-11:30
All Afternoon Classes Cancelled Today Only	Aqua Fitness Pool 1:15-2:00	All Afternoon Classes Cancelled Today Only	zoom.us/my/juliebfit passcode 1955	
	Move for Joy S 3:00-3:30			
	Move for Joy GL 3:45 - 4:15			



S/Z = Fitness Studio and Zoom  
TA = Terrace Auditorium  
S = Fitness Studio

Class Descriptions available at [wvresident.org](http://wvresident.org)