

# Fitness Class Schedule 8/24 - 8/28

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**FFIT 8-8:30 S/Z**

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**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**

**Better Balance 2**  
**S 10:15-10:45**

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**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**  
**Cancelled**

**Begin Resistance**  
**S 2:40-3:10**

[zoom.us/my/juliebfitt](https://zoom.us/my/juliebfitt)  
passcode 1955

**Stretch and Roll**  
**S 3:40-4:10**

**Parkinsons**  
**S 3:30 - 4:15**

**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