

# Fitness Class Schedule 9/16 - 9/20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FFIT 7-7:30 S/Z		FFIT 7-7:30 S/Z		FFIT <b>Canceled for Today Only</b>
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 <b>Canceled Today</b>	Aqua Fitness Pool 9-9:30
	Core Activate/Ex S 10:00-10:30			
Better Balance 2 MP 10:15-10:45		Better Balance 2 MP 10:15-10:45		Better Balance 2 MP 10:15-10:45
Better Balance 1 MP 11-11:30		Better Balance 1 MP 11-11:30	Aqua Fitness Pool 11:15 -12:00	Better Balance 1 <b>Canceled For Today Only</b>
Cardio/Stregnth S 1:15-2:00	Aqua Fitness Pool 1:15-2:00	Afternoon Classes Canceled for Today Only		
Begin Resistance S 2:40-3:10				
Stretch and Roll S 3:40-4:10	Move for Joy S 3:00-3:30			
Aqua Fitness Pool 4:40-5:10				

zoom.us/my/juliebfitt  
passcode 1955



S/Z = Fitness Studio and Zoom  
MP = Manor Multi-Purpose Room  
S = Fitness Studio

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