

Fitness Class Schedule 9/21 - 9/25

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		8 am FFIT and Seated Stregnth Classes Cancelled today only		FFIT 8-8:30 S/Z
Seated Beg. Resist. S 9-9:30	Better Balance 3 S 9:15-9:45		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		
Begin Resistance S 2:40-3:10				
Stretch and Roll S 3:40-4:10		Parkinsons S 3:30 - 4:15	zoom.us/my/juliebfit 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