



NOVEMBER 2018



CLASS SCHEDULE: THE EQUINOX RESORT & SPA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	2 10-11 Pilates 11:15-12 Pool Aerobics	3 8:30-10 Core Yoga 10:15-11 Mat Pilates 3:30-5 Restorative Yoga
4	5 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	6 9-10 Core Yoga 10-11 Mat Pilates 11-12-Pool Aerobics	7 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30- Core Yoga	8 9-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	9 10-11 Pilates 11:15-12 Pool Aerobics	10 8:30-10 Core Yoga 10:15-11 Mat Pilates 3:30-5 Restorative Yoga
11	12 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	13 9-10 Core Yoga 10-11 Mat Pilates 11-12-Pool Aerobics	14 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30- Core Yoga	15 9-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	16 10-11 Pilates 11:15-12 Pool Aerobics	17 8:30-10 Core Yoga 10:15-11 Mat Pilates 3:30-5 Restorative Yoga
18	19 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	20 9-10 Core Yoga 10-11 Mat Pilates 11-12-Pool Aerobics	21 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30- Core Yoga	22 THANKSGIVING NO CLASSES	23 9-10:30- Yoga 10:30-11:30 Mat Pilates	24 8:30-10 Core Yoga 10:15-11 Mat Pilates 3:30-5 Restorative Yoga
25	26 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	27 9-10 Core Yoga 10-11 Mat Pilates 11-12-Pool Aerobics	28 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6:30- Core Yoga	29 9-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	30 10-11 Pilates 11:15-12 Pool Aerobics	

Classes are subject to change without prior notice. \$15 per fitness class, pool classes are complimentary. Please call (802) 362-7881 to confirm. | 3567 Main St. Manchester Village, VT 05254