



FEBRUARY 2019

CLASS SCHEDULE: THE EQUINOX RESORT & SPA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10-11 Pilates Challenge 11:15-12 Waterworks 5-6 Vinyasa Flow	2 8:30-10 Core Yoga 10:30-11:30 Cardio Fitball 11:45-12:30 Aqua Zumba 3-4:30 Restorative Yoga
3	4 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	5 9-10 Sports Stretch 10-11 Mat Pilates 11:15-12 Waterworks	6 9-10 Classic Yoga 10-11 Cardio Fitball 11:15-12 Aqua Zumba 5-6:30 Core Yoga	7 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6 Vinyasa Flow Yoga	8 10-11 Pilates Challenge 11:15-12 Waterworks 5-6 Vinyasa Flow	9 8:30-10 Core Yoga 10:30-11:30 Cardio Fitball 11:45-12:30 Aqua Zumba 3-4:30 Restorative
10	11 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	12 9-10 Sports Stretch 10-11 Mat Pilates 11:15-12 Waterworks	13 9-10 Classic Yoga 10-11 Cardio Fitball 11:15-12 Aqua Zumba 5-6:30 Core Yoga	14 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6 Vinyasa Flow Yoga	15 10-11 Pilates Challenge 11:15-12 Waterworks 5-6 Vinyasa Flow	16 8:30-10 Core Yoga 10:30-11:30 Cardio Fitball 11:45-12:30 Aqua Zumba 3-4:30 Restorative
17 10-11:30 Core Yoga	18 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	19 9-10 Sports Stretch 10-11 Mat Pilates 11:15-12 Waterworks	20 9-10 Classic Yoga 10-11 Cardio Fitball 11:15-12 Aqua Zumba 5-6:30 Core Yoga	21 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6 Vinyasa Flow Yoga	22 10-11 Pilates Challenge 11:15-12 Waterworks 5-6 Vinyasa Flow	23 8:30-10 Core Yoga 10:30-11:30 Mat Pilates 3-4:30 Restorative Yoga
24	25 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	26 10-11 Mat Pilates 11:15-12 pool Aero- bics	27 10-11 Mat Pilates 5-6:30 Core Yoga	28 10-11 Mat Pilates 11:15-12 Pool Aerobics 5-6 Vinyasa Flow		

Classes are subject to change without prior notice. \$15 per fitness class, pool classes are complimentary. Please call (802) 362-7881 to confirm. Footwear is recommended for Zumba and Total Fitness.