



MARCH 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 Fit ball 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 Just Yoga 10-11 Cardio Fitball 11:15-12 Waterworks	6 9-10 Classic Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5-6:30 Core Yoga	7 10-11 ZUMBA 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 Fit ball 11:45-12:30 Aqua Zumba 3-4:30 Restorative
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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.