



# MAY 2019

CLASS SCHEDULE: THE EQUINOX RESORT & SPA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CORE YOGA 5-6:30	2 ZUMBA 10-11 POOL SEROBICS 11:15-12	3 PILATES CHALLENGE 10-11 WATERWORKS 11:15-12	4 CORE YOGA 8:30-10 CARDIO FITBALL 10:30-11:30 AQUA ZUMBA 11:45-12:30 RESORATIVE YOGA 3-4:30
5	6 CORE YOGA 8:30-10 MAT PILATES 10-11 POOL AEROBICS 11:15-12	7 JUST YOGA 9-10 CARDIO FITBALL 10-11 WATERWORKS 11:15-12	8 CLASSIC YOGA 9-10 MAT PILATES 10-11 AQUA ZUMBA 11:15-12 CORE YOGA 5-6:30	9 ZUMBA 10-11 POOL SEROBICS 11:15-12	10 PILATES CHALLENGE 10-11 WATERWORKS 11:15-12	10 CORE YOGA 8:30-10 CARDIO FITBALL 10:30-11:30 AQUA ZUMBA 11:45-12:30 RESORATIVE YOGA 3-4:30
12	13 CORE YOGA 8:30-10 MAT PILATES 10-11 POOL AEROBICS 11:15-12	14 JUST YOGA 9-10 CARDIO FITBALL 10-11 WATERWORKS 11:15-12	15 CLASSIC YOGA 9-10 MAT PILATES 10-11 AQUA ZUMBA 11:15-12 CORE YOGA 5-6:30	16 ZUMBA 10-11 POOL SEROBICS 11:15-12	17 PILATES CHALLENGE 10-11 WATERWORKS 11:15-12	18 CORE YOGA 8:30-10 CARDIO FITBALL 10:30-11:30 AQUA ZUMBA 11:45-12:30 RESORATIVE YOGA 3-4:30
19	20 CORE YOGA 8:30-10 MAT PILATES 10-11 POOL AEROBICS 11:15-12	21 JUST YOGA 9-10 CARDIO FITBALL 10-11 WATERWORKS 11:15-12	22 CLASSIC YOGA 9-10 MAT PILATES 10-11 AQUA ZUMBA 11:15-12 CORE YOGA 5-6:30	23 ZUMBA 10-11 POOL SEROBICS 11:15-12	24 PILATES CHALLENGE 10-11 WATERWORKS 11:15-12	25 CORE YOGA 8:30-10 CARDIO FITBALL 10:30-11:30 AQUA ZUMBA 11:45-12:30 RESORATIVE YOGA 3-4:30
26 YOGA 9-10:30 MAT PILATES 10:30-11:30	27 CORE YOGA 8:30-10 MAT PILATES 10-11 POOL AEROBICS 11:15-12	28 JUST YOGA 9-10 CARDIO FITBALL 10-11 WATERWORKS 11:15-12	29 CLASSIC YOGA 9-10 MAT PILATES 10-11 AQUA ZUMBA 11:15-12 CORE YOGA 5-6:30	30 ZUMBA 10-11 POOL SEROBICS 11:15-12	31 PILATES CHALLENGE 10-11 WATERWORKS 11:15-12	

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.