

# Fitness Classes

Spring 2024

## Mon

9:00am  
Hatha Yoga  
**Barbara**

11:15am  
Deep  
Water  
Aerobics  
**Jasmine**

## Tue

9:00am  
Mindful  
Movement  
Flow  
**Felicia**

10:00am  
Barre  
**Felicia**

11:15am  
Aqua  
Dance  
**Felicia**

## Wed

10:00am  
Sun/Moon  
Yoga  
**Jasmine**

11:15am  
Deep Water  
Aerobics  
**Jasmine**

5:30pm  
Restorative  
Yoga with  
Aromatherapy  
**Jasmine**

## Thur

9:00am  
Mat Pilates  
**Felicia**

10:00am  
Sock Ballet  
**Felicia**

11:15am  
Pool  
Aerobics  
**Felicia**

5:30 pm  
Barre  
**Felicia**

## Fri

9:00am  
Hatha Yoga  
**Jasmine**

10:00am  
Sun/Moon  
Yoga  
**Jasmine**

11:15am  
Aqua  
Dance  
**Jasmine**

5:30pm  
Restorative  
Yoga with  
Aromatherapy  
**Jasmine**

## Sat

11:00am  
Zumba  
**Jasmine**

## Sun

9:00am  
Aqua Boot  
Camp  
**Jasmine**  
\*Sign up  
Required\*

We kindly ask that you reserve your spot in class. Please stop by the spa or give us a call 802-362-7881 or ext. 881