

SPA FITNESS CLASSES

M	T	W	T	F	S	S
	<u>8:30am</u> Cardio Yoga Jasmine					
<u>9:30am</u> Hatha Yoga Barbara	<u>10:00am</u> Mat Pilates Pauline	<u>9:30am</u> Zumba Gold Pauline	<u>9:30am</u> Cardio Yoga Jasmine	<u>9:30am</u> Slow Flow Yoga Pauline	<u>9:30am</u> Cardio Yoga Jasmine	<u>9:30am</u> Cardio Yoga Jasmine
	<u>11:00am</u> Aqua Aerobics Pauline	<u>11:00am</u> Deep Water Workout Pauline		<u>11:00am</u> Aqua Zumba Pauline		

****Pre-Register Required. To sign up, please call or stop by Spa Front Desk****

(802) 362-7881