

Fitness Classes

Fall & Winter 2023-2024

Mon

Tue

Wed

Thur

Fri

Sat

Sun

9:00am
Hatha Yoga
Barbara

9:00 am
Stretch &
Sculpt Yoga
Jasmine

10:00am
Barre
Felicia

11:15am
Aqua
Dance
Jasmine

10:00am
Core &
Restore
Yoga
Pauline

11:15am
Deep Water
Workout
Pauline

5:30pm
Restorative
Yoga with
Aromatherapy
Jasmine

9:00am
Cardio Flow
Yoga
Jasmine

10:00am
Ballet
Felicia

11:15am
Pool
Aerobics
Jasmine

5:30 pm
Mat Pilates
Felicia

9:00am
Mat Pilates
Pauline

11:15 am
Aqua
Zumba
Pauline

11:00am
Zumba
+ Gold
Pauline

9:00am
Gentle Yoga
Jasmine

10:00am
Slow Flow
Yoga
Jasmine

5:30pm
Restorative
Yoga with
Aromatherapy
Jasmine

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