



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		9:00am Cardio Flow Yoga Jasmine	9:00am Mat Pilates Pauline		9:00am Gentle Yoga Jasmine
	10:00am Barre Felicia	10:00am Cardio Flow Jasmine	10:00am Mat Pilates Felicia			10:00am Slow Flow Yoga Jasmine
11:15am Deep Water Workout Jasmine	11:15am Aqua Dance Jasmine	11:15am Deep Water Workout Jasmine	11:15am Pool Aerobics Jasmine	11:15 am Aqua Aerobics Pauline	12:00pm Rotating Fitness Class	
		5:30pm Restorative Yoga with Aromatherapy Jasmine	5:00pm Ballet Felicia			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