

Fitness Classes

Winter 2024

Mon

9:00am
Hatha Yoga
Barbara

Tue

9:00am
Mindful
Movement
Flow
Felicia

10:00am
Barre
Felicia

11:15am
Aqua
Dance
Felicia

Wed

10:00am
Core &
Restore
Yoga
Pauline

11:15am
Deep Water
Workout
Pauline

5:30pm
Restorative
Yoga with
Aromatherapy
Pauline

Thur

9:00am
Mat Pilates
Felicia

10:00am
Sock Ballet
Felicia

11:15am
Pool
Aerobics
Felicia

5:30 pm
Barre
Felicia

Fri

9:00am
Mat Pilates
Pauline

11:15 am
Aqua
Zumba
Pauline

Sat

11:00am
Zumba
+ Gold
Pauline

Sun

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