

SPA FITNESS CLASSES 2021

M	T	W	T	F	S	S
	<u>9:30am</u> Mat Pilates		<u>9:30am</u> Mat Pilates	<u>9:30am</u> Slow Flow Yoga	<u>9:30am</u> Stretch & Sculpt	<u>9:30am</u> Stretch & Sculpt
		<u>10:00am</u> Zumba				
<u>11:00am</u> Aqua Zumba	<u>11:00am</u> Aqua Aerobics	<u>11:00am</u> Deep Water Workout	<u>11:00am</u> Aqua Aerobics	<u>11:00am</u> Aqua Zumba	<u>11:00am</u> Aqua Aerobics	<u>11:00am</u> Aqua Aerobics
					<u>4:00pm</u> Pilates Barre	

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

(802) 362-7881

