

The Spa at the Equinox Resort April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are subject to change without prior notice.						1 8:30-10 Yoga Flow
\$15 per fitness class, pool classes are complimentary.						10:15-11 Mat Pilates
Please call 802-362-7881 to confirm.						11:15-12 Aqua Zumba
ZUMBA: Footwear recommended						3-4:30 Restorative Yoga
2	3 8:30-9:45 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	4 9-10 Yin Yoga 10-11 ZUMBA 11:15-12 Aqua Tabata	5 8:30-9:45 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua ZUMBA 5:30-7 Core yoga	6 8:30-9:45 Restorative Yoga 10-11 ZUMBA 11:15-12 Pool Aerobics	7 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Water Works	8 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
9	10 8:30-9:45 Hatha Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	11 8:30-9:45 Yin Yoga 10-11 ZUMBA 11:15-12 Aqua Tabata	12 8:30-9:45 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua ZUMBA 5:30-7 Core yoga	13 8:30-9:45 Restorative Yoga 10-11 ZUMBA 11:15-12 Aqua Fit	14 9-10 Core Yoga 10-11 Cardio Fitball 11:15-12 Pool Aerobics	15 8:30-10 Yoga Flow 10:15-11 Mat Pilates 3-4:30 Restorative Yoga
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