



The Spa at the Equinox Resort

August 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30-10:00 Yoga Flow 10:00-11:00 Mat Pilates 11:15-12:00 Pool Aerobics	2 9:00-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Aqua Tabata 5:30-7:00 Yoga Flow	3 8:30-10:00 Yoga For Every Body 10:00-11:00 Mat Pilates 11:15-12:00 Aqua Zumba	4 8:30-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Pool Aerobics	5 9:00-10:00 Yoga Flow 10:00-11:00 Fitball 11:15-12:00 Aqua Zumba	6 8:30-10:00 Yoga Flow 10:15-11:00 Mat Pilates 11:15-12:00 Aqua Tabata 3:00-4:15 Yin Yoga
7	8 8:30-10:00 Yoga Flow 10:00-11:00 Mat Pilates 11:15-12:00 Pool Aerobics	9 9:00-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Aqua Tabata 5:30-7:00 Yoga Flow	10 8:30-10:00 Yoga for Every Body 10:00-11:00 Mat Pilates 11:15-12 Aqua Zumba	11 8:30-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Pool Aerobics	12 9:00-10:00 Yoga Flow 10:00-11:00 Fitball 11:15-12:00 Aqua Zumba	13 8:30-10:00 Yoga Flow 10:15-11:00 Mat Pilates 11:15-12:00 Aqua Tabata 3:00-4:15 Yin Yoga
14	15 8:30-10:00 Yoga Flow 10:00-11:00 Mat Pilates 11:15-12:00 Pool Aerobics	16 9:00-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Aqua Tabata 5:30-7:00 Yoga Flow	17 8:30-10:00 Yoga for Every Body 10:00-11:00 Mat Pilates 11:15-12:00 Aqua Zumba	18 8:30-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Pool Aerobics	19 9:00-10:00 Yoga Flow 10:00-11:00 Fitball 11:15-12:00 Aqua Zumba	20 8:30-10:00 Yoga Flow 11:00-12:00 Mat Pilates 3:00-4:15 Restorative Yoga
21	22 8:30-10:00 Yoga Flow 10:00-11:00 Mat Pilates 11:15-12:00 Pool Aerobics	23 9:00-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Aqua Tabata 5:30-7:00 Yoga Flow	24 8:30-10:00 Yoga for Every Body 10:00-11:00 Mat Pilates 11:15-12:00 Aqua Zumba	25 8:30-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Pool Aerobics	26 9:00-10:00 Yoga Flow 10:00-11:00 Fitball 11:15-12:00 Aqua Zumba	27 8:30-10:00 Yoga Flow 10:15-11:00 Mat Pilates 11:15-12:00 Aqua Tabata 3:00-4:15 Restorative Yoga
28	29 8:30-10:00 Yoga Flow 10:00-11:00 Mat Pilates 11:15-12:00 Pool Aerobics	30 9:00-10:00 Yin Yoga 10:00-11:00 Zumba 11:15-12:00 Aqua Tabata 5:30-7:00 Yoga Flow	31 8:30-10:00 Yoga for Every Body 10:00-11:00 Mat Pilates 11:15-12:00 Aqua Zumba	<p>Classes are subject to change without prior notice. Please call the Spa Desk at 802-362-7881 to confirm. Zumba: Footwear is recommended.</p>		