



The Spa at the Equinox Resort

February 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are subject to change without prior notice. Please call 802-362-7881 to confirm. <i>ZUMBA: Footwear recommended</i>			1 8:30 - 10 Yoga Immersion 10 - 11 Mat Pilates 11:15 - 12 ZUMBA 5:30 - 7 Core Yoga	2 8:30 - 10 Restorative Yoga 10 - 11 ZUMBA 11:15 -12 Pool Aerobics	3 9 - 10 Yoga Flow 10 - 11 Cardio Fitball 11:15 - 12 Water Works	4 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 3 - 4:30 Restorative Yoga
5	6 8:30 - 10 Yoga Flow 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	7 9 - 10 Yin Yoga 10 - 11 ZUMBA 11:15 -12 Aqua Tabata	8 8:30 - 10 Yoga Immersion 10 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA	9 8:30 - 10 Restorative Yoga 10 - 11 ZUMBA 11:15 -12 Pool Aerobics	10 9 - 10 Yoga Flow 10 - 11 Cardio Fitball 11:15 - 12 Water Works	11 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 3 - 4:30 Restorative Yoga
12	13 8:30 - 10 Yoga Flow	14 9 - 10 Yin Yoga 10 - 11 ZUMBA 11:15 - 12 Aqua Tabata	15 8:30 - 10 Yoga Immersion 10 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 5:30 - 7 Core Yoga	16 8:30 - 10 Restorative Yoga 10 - 11 ZUMBA 11:15 -12 Pool Aerobics	17 9 - 10 Yoga Flow 10 - 11 Cardio Fitball 11:15 - 12 Water Works	18 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 3 - 4:30 Restorative Yoga
19 9 - 10:30 Yoga/Pilates Fusion	20 8:30 - 10 Core Yoga 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	21 9 - 10 Yin Yoga 10 - 11 ZUMBA 11:15 - 12 Aqua Tabata	22 8:30 - 10 Yoga Immersion 10 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 5:30 - 7 Core Yoga	23 8:30 - 10 Restorative Yoga 10 - 11 ZUMBA 11:15 -12 Pool Aerobics	24 9 - 10 Yoga Flow 10 - 11 Cardio Fitball 11:15 - 12 Water Works	25 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua ZUMBA 3 - 4:30 Restorative Yoga
26	27 8:30 - 10 Core Yoga 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	28 9 - 10 Yin Yoga 10 - 11 ZUMBA 11:15 - 12 Aqua Tabata				