



The Spa at the Equinox Resort

January 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 - 10:30 Yoga/Pilates Fusion	2 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	3 9-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	4 8:30-10 Yoga Immersion 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	5 8:30-10 Restorative Yoga 10-11 Zumba 11:15-12 Pool Aerobics	6 9-10 Yin Yoga 10-11 Cardio Fitball 11:15-12 Water Works	7 8:30-10 Yoga Flow 10:15-11 Matt Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
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29	30 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	31 9-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata			Classes are subject to change without prior notice Please call 802-362-7881 to confirm	