

The Spa at the Equinox Resort

March 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Classes are subject to change without prior notice.</p> <p>\$15 per fitness class, pool classes are complimentary.</p> <p>Please call 802-362-7881 to confirm.</p> <p><i><u>ZUMBA</u>: Footwear recommended</i></p>			<p>1 8:30 - 10 Hatha Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 ZUMBA</p> <p>5:30 - 7 Core Yoga</p>	<p>2 8:30 - 10 Restorative Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Pool Aerobics</p>	<p>3 9 - 10 Yoga Flow</p> <p>10 - 11 Cardio Fitball</p> <p>11:15 - 12 Aqua Tabata</p>	<p>4 8:30 - 10 Yoga Flow</p> <p>10:15 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>3 - 4:30 Restorative Yoga</p>
<p>5</p>	<p>6 8:30 - 10 Yoga Flow</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Pool Aerobics</p>	<p>7 9 - 10 Yin Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Aqua Tabata</p>	<p>8 8:30 - 10 Hatha Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 ZUMBA</p> <p>5:30 - 7 Core Yoga</p>	<p>9 8:30 - 10 Restorative Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Pool Aerobics</p>	<p>10 9 - 10 Yoga Flow</p> <p>10 - 11 Cardio Fitball</p> <p>11:15 - 12 Water Works</p>	<p>11 8:30 - 10 Yoga Flow</p> <p>10:15 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>3 - 4:30 Restorative Yoga</p>
<p>12</p>	<p>13 8:30 - 10 Yoga Flow</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Pool Aerobics</p>	<p>14 9 - 10 Yin Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 - 12 Aqua Tabata</p>	<p>15 8:30 - 10 Hatha Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>5:30 - 7 Core Yoga</p>	<p>16 8:30 - 10 Restorative Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Pool Aerobics</p>	<p>17 9 - 10 Yoga Flow</p> <p>10 - 11 Cardio Fitball</p> <p>11:15 - 12 Aqua Tabata</p>	<p>18 8:30 - 10 Yoga Flow</p> <p>10:15 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>3 - 4:30 Restorative Yoga</p>
<p>19</p>	<p>20 8:30 - 10 Core Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Pool Aerobics</p>	<p>21 9 - 10 Yin Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 - 12 Aqua Tabata</p>	<p>22 8:30 - 10 Hatha Yoga</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>5:30 - 7 Core Yoga</p>	<p>23 8:30 - 10 Restorative Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Pool Aerobics</p>	<p>24 9 - 10 Yoga Flow</p> <p>10 - 11 Cardio Fitball</p> <p>11:15 - 12 Water Works</p>	<p>25 8:30 - 10 Yoga Flow</p> <p>10:15 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>3 - 4:30 Restorative Yoga</p>
<p>26</p>	<p>27 8:30 - 10 Core Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Pool Aerobics</p>	<p>28 9 - 10 Yin Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 - 12 Aqua Tabata</p>	<p>29 8:30 - 10 Hatha Yoga</p> <p>10 - 11 Mat Pilates</p> <p>11:15 - 12 Aqua ZUMBA</p> <p>5:30 - 7 Core Yoga</p>	<p>30 8:30 - 10 Restorative Yoga</p> <p>10 - 11 ZUMBA</p> <p>11:15 -12 Pool Aerobics</p>	<p>31 9 - 10 Yoga Flow</p> <p>10 - 11 Cardio Fitball</p> <p>11:15 - 12 Aqua Tabata</p>	