



The Spa at the Equinox Resort October 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes are subject to change without prior notice. Please call the Spa Desk at 802-362-7881 to confirm. Zumba: Footwear is recommended.						1 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua Tabata 3 - 4 Zumba
2 9-10:30 Yoga/Pilates Fusion	3 8:30 - 10 Yoga Flow 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	4 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Aqua Tabata 5:30 - 7 Yoga Flow	5 8:30 - 10 Yoga For Everybody 10 - 11 Mat Pilates 11:15 - 12 Aqua Zumba	6 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Pool Aerobics	7 9 - 10 Yoga Flow 10 - 11 Fit Ball 11:15 - 12 Aqua Zumba	8 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua Tabata 3 - 4 Zumba
9 9-10:30 Yoga/Pilates Fusion	10 8:30 - 10 Yoga Flow 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	11 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Aqua Tabata 5:30 - 7 Yoga Flow	12 8:30 - 10 Yoga For Everybody 10 - 11 Mat Pilates 11:15 - 12 Aqua Zumba	13 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Pool Aerobics	14 9 - 10 Yoga Flow 10 - 11 Fit Ball 11:15 - 12 Aqua Zumba	15 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua Tabata 3 - 4 Zumba
16 30	17 8:30 - 10 Yoga Flow 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	18 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Aqua Tabata 5:30 - 7 Yoga Flow	19 8:30 - 10 Yoga For Everybody 10 - 11 Mat Pilates 11:15 - 12 Aqua Zumba	20 8:30-9:45 Restorative Yoga 10 - 11 Zumba 11:15 - 12 Aqua Fit	21 9 - 10 Yoga Flow 10 - 11 Fit Ball 11:15 - 12 Aqua Zumba	22 8:30 - 10 Yoga Flow 10:15 - 11:15 Mat Pilates 3 - 4:30 Restorative Yoga
23 30	24/31 8:30 - 10 Yoga Flow 10 - 11 Mat Pilates 11:15 - 12 Pool Aerobics	25 8:30 - 9:45 Restorative Yoga 10 - 11 Zumba 11:15 - 12 Aqua Tabata 5:30 - 7 Yoga Flow	26 8:30 - 10 Yoga For Everybody 10 - 11 Mat Pilates 11:15 - 12 Aqua Zumba	27 8:30 - 10 Yin Yoga 10 - 11 Zumba 11:15 - 12 Pool Aerobics	28 9 - 10 Yoga Flow 10 - 11 Fit Ball 11:15 - 12 Aqua Zumba	29 8:30 - 10 Yoga Flow 10:15 - 11 Mat Pilates 11:15 - 12 Aqua Tabata 3 - 4 Zumba