



The Spa at the Equinox Resort—June 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:30-10 Restorative Yoga 10-11 Zumba 11:30-12 Pool Aerobics	2 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	3 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
4	5 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	6 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	7 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	8 8:30-10 Restorative Yoga 10-11 Zumba 11:30-12 Pool Aerobics	9 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	10 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
11	12 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	13 8:30-10 Restorative Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	14 8:30-10 Hatha Yoga 10-11 Total Fitness 11:15-12 Aqua Zumba 5:30-7 Core Yoga	15 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	16 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	17 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
18	19 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	20 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	21 8:30-10 Hatha Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5:30-7 Core Yoga	22 8:30-10 Restorative Yoga 10-11 Zumba 11:30-12 Pool Aerobics	23 9-10 Yoga Flow 10-11 Cardio Fitball 11:15-12 Waterworks	24 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
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Classes are subject to change without prior notice. \$15 per fitness class, pool classes are complimentary. Please call 802-362-7881 to confirm. Footwear is recommended for Zumba.