

The Spa at the Equinox Resort  
June 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Classes are subject to change without prior notice.</b> <b>Please call 802-362-7881 to confirm.</b> <b><u>Zumba:</u> Footwear recommended</b>			<b>1</b> 8:30-10 Yoga Flow	<b>2</b> 8:30-10 Yin Yoga 10-11 Ball Pilates 11:15-12 Pool Aerobics	<b>3</b> 8:45-9:30 Aqua Tabata 10-10:45 Zumba 11-12:15 Yoga Flow	<b>4</b> 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:15 Yin Yoga
<b>5</b>	<b>6</b> 8:30-10 Yoga Flow	<b>7</b> 9-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	<b>8</b> 8:30-10 Yoga for Every Body 10-11 Mat Pilates 11:15-12 Aqua Zumba	<b>9</b> 8:30-10 Yin Yoga 10-11 Ball Pilates 11:15-12 Pool Aerobics	<b>10</b> 8:45-9:30 Aqua Tabata 10-10:45 Zumba 11-12:15 Yoga Flow	<b>11</b> 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:15 Yin Yoga
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<b>19</b>	<b>20</b> 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	<b>21</b> 9-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	<b>22</b> 8:30-10 Yoga for Every Body 10-11 Mat Pilates 11:15-12 Aqua Zumba	<b>23</b> 8:30-10 Yin Yoga 10-11 Ball Pilates 11:15-12 Pool Aerobics	<b>24</b> 8:45-9:30 Aqua Tabata 10-10:45 Zumba 11-12:15 Yoga Flow	<b>25</b> 8:30-10 Yoga Flow 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:15 Yin Yoga
<b>26</b>	<b>27</b> 8:30-10 Yoga Flow 10-11 Mat Pilates 11:15-12 Pool Aerobics	<b>28</b> 9-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata 5:30-7 Yoga Flow	<b>29</b> 8:30-10 Yoga for Every Body 10-11 Mat Pilates 11:15-12 Aqua Zumba	<b>30-Jun</b> 8:30-10 Yin Yoga 10-11 Ball Pilates 11:15-12 Pool Aerobics		