



The Spa at the Equinox Resort—July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	3 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	4 8:30-10 Prana Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba	5 9-10 Stretching For Every- body 10-11 Cardio Fitball 11:15-12 Pool Aerobics	6 9-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks	7 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
8	9 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics	10 8:30-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata	11 8:30-10 Prana Yoga 10-11 Mat Pilates 11:15-12 Aqua Zumba 5-6:30 Core Yoga	12 9-10 Stretching For Every- body 10-11 Cardio Fitball 11:15-12 Pool Aerobics	13 9-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks	14 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga
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