



The Spa at the Equinox Resort — May 2018

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-------------------------|--|---|---|--|--|---|
| | | 1 8:45-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata | 2 8:45-10 Prana Yoga 10-11 Mat Pilates 11:1-12 Aqua Zumba 5-6:30 Core Yoga | 3 8:45-10 Active Stretch 10-11 Cardio Fitball 11:15-12 Pool Aerobics | 4 8:45-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks | 5 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga |
| 6 | 7 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics | 8 8:45-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata | 9 8:45-10 Prana Yoga 10-11 Mat Pilates 11:1-12 Aqua Zumba 5-6:30 Core Yoga | 10 8:45-10 Active Stretch 10-11 Cardio Fitball 11:15-12 Pool Aerobics | 11 8:45-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks | 12 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga |
| 13 | 14 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics | 15 8:45-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata | 16 8:45-10 Prana Yoga 10-11 Mat Pilates 11:1-12 Aqua Zumba 5-6:30 Core Yoga | 17 8:45-10 Active Stretch 10-11 Cardio Fitball 11:15-12 Pool Aerobics | 18 8:45-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks | 19 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga |
| 20 | 21 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics | 22 8:45-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata | 23 8:45-10 Prana Yoga 10-11 Mat Pilates 11:1-12 Aqua Zumba 5-6:30 Core Yoga | 24 8:45-10 Active Stretch 10-11 Cardio Fitball 11:15-12 Pool Aerobics | 25 8:45-10 Yoga Flow 10-11 Fitness Fusion 11:15-12 Waterworks | 26 8:30-10 Core Yoga 10:15-11 Mat Pilates 11:15-12 Aqua Zumba 3-4:30 Restorative Yoga |
| 27 9-10:30 Core Yoga | 28 8:30-10 Core Yoga 10-11 Mat Pilates 11:15-12 Pool Aerobics | 29 8:45-10 Yin Yoga 10-11 Zumba 11:15-12 Aqua Tabata | 30 8:45-10 Prana Yoga 10-11 Mat Pilates 11:1-12 Aqua Zumba 5-6:30 Core Yoga | 31 8:45-10 Active Stretch 10-11 Cardio Fitball 11:15-12 Pool Aerobics | | |