

BAY-O-VISTA GROUP FITNESS OUTDOOR SCHEDULE JULY-AUGUST 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM						Strength and Conditioning VANESSA	Zen Flow LINDSEY
9:00 AM	Strength and Conditioning KEILLER	Strength and Conditioning JENNIFER K	R.I.S.E./L.I.F.F.T. DALLIS	R.E.A.C.H. DALLIS	R.I.S.E./L.I.F.F.T. DALLIS		
9:00 AM			Walk Fit KATHY				
10:00 AM						KIDFIT 7 - 11YRS KW (Upper court)	
11:00 AM							
12:00 PM		Aqua Fit MERLE/KATHY	Aqua Fit KATHY	Aqua Fit MERLE	Aqua Fit MERLE		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		KIDFIT 7 - 11YRS KW (Upper Court)					
4:00 PM		Pilates/Yoga combo JANA			Happy Hour Yoga MEGAN		
5:00 PM			Mobility for Sports Performance KEILLER				
5:00 PM	Aqua Fit SALLY	Aqua Fit SALLY	Aqua Fit MERLE	Aqua Fit KATHY			
6:00 PM							

NOTES:

*All classes are 45 minutes, and we will observe social distancing protocols.*Masks/face coverings are required for all in-person classes except Aqua.

*Class Limit = 12 participants (phone reservations required beginning 3 days prior to class until full)

*Classes take place under large canopy outside the pavilion (*Kidfit on Upper Tennis Court)

*Bring your own mat, towel, water, and equipment such as dumbbells/pool noodles. Kidfit needs tennis ball, jumprope, & beachtowel.