

# BAY-O-VISTA GROUP FITNESS OUTDOOR/INDOOR SCHEDULE NOV-DEC 2020

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM	Strength and Conditioning <b>KEILLER</b>	Strength and Conditioning <b>*PAVILION JENNIFER K</b>	R.I.S.E./L.I.F.F.T. <b>DALLIS</b>	Pilates Fusion <b>DALLIS</b>	R.I.S.E./L.I.F.F.T. <b>DALLIS</b>	Strength and Conditioning <b>*PAVILION VANESSA</b>	Yoga <b>*PAVILION JENNIFER W/MEGAN</b>
9:00 AM			Walk Fit <b>KATHY</b>				
10:00 AM						KIDFIT 7 - 11YRS <b>KEILLER</b>	
11:00 AM							
12:00 PM		Aqua Fit <b>MERLE/KATHY</b>	Aqua Fit <b>KATHY</b>	Aqua Fit <b>MERLE</b>	Aqua Fit <b>MERLE</b>		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM		KIDFIT 7 - 11YRS <b>KEILLER</b>					
4:00 PM		Pilates/Yoga combo <b>*PAVILION JANA</b>			Happy Hour Yoga <b>MEGAN</b>		Cycle on Deck <b>QUINN</b>
5:00 PM							
5:00 PM	Aqua Fit <b>SALLY</b>	Aqua Fit <b>SALLY</b>	Aqua Fit <b>MERLE</b>	Aqua Fit <b>KATHY</b>			
6:00 PM			Yoga <b>*PAVILION JUSTIN</b>				

**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 outdoors, 8 participants indoors (phone reservations required for all classes)

\*Classes take place under large canopy outside the pavilion (\*Kidfit on basketball court). Indoor class are held in the pavilion.

\*Bring your own mat, towel, water, and equipment such as dumbbells/pool noodles. Kidfit needs tennis ball, jumprope, & beachtowel. Indoor classes may use BOV mats and dumbbells and members will wipe down equipment after usage.