

# BAY-O-VISTA GROUP FITNESS OUTDOOR SCHEDULE MAY-JUNE 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM	Strength and Conditioning <b>KEILLER</b>	Pilates Fusion <b>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>		
9:00 AM			Walk Fit <b>KATHY</b>			KIDFIT 7 - 11YRS <b>KEILLER</b>	Active Zen Flow <b>KAREN</b>
10:00 AM	Yoga <b>JENNIFER W</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>			Happy Hour Yoga <b>MEGAN</b>		
4:00 PM		Pilates/Yoga combo <b>JANA</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>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 (phone reservations required for all classes)

\*Classes take place under large canopy outside the pavilion (\*Kidfit on basketball court).

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