

BAY-O-VISTA GROUP FITNESS OUTDOOR SCHEDULE JAN - FEB 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM							
9:00 AM	Strength and Conditioning KEILLER	Strength and Conditioning JENNIFER	R.I.S.E./L.I.F.F.T. DALLIS	Pilates Fusion DALLIS	R.I.S.E./L.I.F.F.T. DALLIS		
9:00 AM			Walk Fit KATHY				
10:00 AM						KIDFIT 7 - 11YRS KEILLER	Active Zen Flow KAREN
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 KEILLER					
4:00 PM		Pilates/Yoga combo JANA					Cycle on Deck QUINN
5:00 PM							
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 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.