

BAY-O-VISTA GROUP FITNESS OUTDOOR/INDOOR SCHEDULE JAN-FEB 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
8:30 AM						Strength & Power ABBEY/DANIELLE	Pilates Fusion KAREN
9:00 AM	Strength & Conditioning SALLY/TBA	Pilates Fusion JENNIFER K	TBC Morning Boost DALLIS	Pilates Fusion DALLIS	TBC Morning Boost DALLIS		
9:30 AM			Walk Fit KATHY				Spin & Strength CYNTHIA
10:00 AM		Zumba/Move It! JANA				Aqua Fit MARYKATE/ELLEN	
10:30 AM						Roll & Release MEGAN/MIMI	
12:00 PM	Core & Conditioning DANIELLE	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 MARY KATE		KIDFIT 4 - 9 YRS MARY KATE			Yoga Wellness YOGA STAFF
5:00 PM	Aqua Fit SALLY	Aqua Fit SALLY	Aqua Fit MERLE	Aqua Fit KATHY	Yoga/Stretch MEGAN		
6:00 PM		Strength & Power CYNTHIA	Yoga JUSTIN				

NOTES:

*All classes are 45 minutes, and will take place under the large canopy outside the pavilion and inside the pavilion.

* Face coverings are mandatory for those who are not fully vaccinated.

*Masks/face coverings are not required for outdoor classes at this time, but are required for all indoor classes.

*Regular hand washing, sanitizing and social distancing are still recommended. Wipes are available to wipe down equipment after use. Bring your own yoga mat for yoga classes.

*No class limits at this time except Kidfit = 10 max.