

BAY-O-VISTA GROUP FITNESS OUTDOOR/INDOOR SCHEDULE JULY-AUGUST 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	TBC Morning Boost SALLY	Strength & Power JENNIFER K	TBC Morning Boost DALLIS	Pilates Fusion DALLIS	TBC Morning Boost DALLIS		
9:30 AM			Walk Fit KATHY			Roll & Release MEGAN	Spin & Strength CYNTHIA
10:00 AM		Zumba JANA		Yoga JENNIFER W		Aqua Fit MARYKATE/ELLEN	
10:30 AM							
12:00 PM	Core & Conditioning DANIELLE					Core & Conditioning STEPHANIE	
12:00 PM		Aqua Fit KATHY	Aqua Fit KATHY	Aqua Fit MERLE	Aqua Fit MERLE		
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM				Zumba JANA	Happy Hour Yoga MEGAN		
5:00 PM	Aqua Fit SALLY	Aqua Fit SALLY	Aqua Fit MERLE	Aqua Fit KATHY			
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/or inside the pavilion.

*Face coverings are mandatory for indoor classes ONLY at this time, but masks are strongly recommended for those who are not vaccinated.

*Regular hand washing, sanitizing and social distancing are still recommended. Bring your own yoga mat for yoga classes.

*Kidfit is a free program for young members ages 4-11 yrs. Kidfit ten-week sessions T/TH (Fall, Winter, Spring). Call front desk for more information.