

# BAY-O-VISTA GROUP FITNESS OUTDOOR/INDOOR SCHEDULE JULY-AUGUST 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		Cycle <b>QUINN</b>					
9:00 AM	Strength and Conditioning <b>KEILLER</b>	Pilates Fusion <b>JENNIFER K</b>	TBC Morning Boost <b>DALLIS</b>	Pilates Fusion <b>DALLIS</b>	TBC Morning Boost <b>DALLIS</b>		
9:00 AM			Walk Fit <b>KATHY</b>				Active Zen Flow <b>KAREN</b>
10:00 AM	Yoga <b>JENNIFER W</b>					Tai Chi/Stretch <b>10:15am</b> <b>TIM/MIMI</b>	
11:00 AM							
12:00 PM	Active Recovery <b>DALLIS/MEGAN</b>	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>		KIDFIT 4 - 9 YRS <b>KELTY</b>	Happy Hour Yoga <b>MEGAN</b>		
4:00 PM		Pilates/Yoga combo <b>JANA</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 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 at this time.

\*Masks/face coverings are not required for outdoor classes, but may still be required for some 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.