

BAY-O-VISTA GROUP FITNESS SCHEDULE NOVEMBER - DECEMBER 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
8:00 AM							
9:00 AM	TBC Morning Boost SALLY	Strength & Power JENNIFER K	TBC Morning Boost DALLIS	Pilates Fusion DALLIS	TBC Morning Boost DALLIS	Strength & Power DANIELLE	Spin & Strength CYNTHIA
10:00 AM	Yoga IVA	Zumba JANA	Pilates Fusion DALLIS	Yoga JENNIFER W		Aqua Fit MARYKATE/ELEN	
11:00 AM							
12:00 PM	Core & Conditioning DANIELLE	Pop Pilates STEPHANIE		Tai Chi ROBIN	Core & Conditioning STEPHANIE		
12:00 PM		Aqua Fit KATHY	Aqua Fit KATHY	Aqua Fit MERLE	Aqua Fit MERLE		
1-4:00 PM BREAK							
4:00 PM		*KIDFIT 9/24- 12/10/24 MARY KATE		*KIDFIT 9/26 - 12/12/24 MARY KATE			VINYASA YOGA + special WELLNESS WORKSHOPS 11/17-12/8 FELIZ/I/D/K
5:00 PM	Mindful Monday Yoga + Roll & Release JEN W/MEGAN	Pilates for Pickleball and Joint Care KAREN			Happy Hour Yoga MEGAN		
5:00 PM	Aqua Fit SALLY	Aqua Fit SALLY	Aqua Fit MERLE	Aqua Fit KATHY			
6:00 PM	Strength TERESA		Power Yoga JUSTIN				
6:30 PM		Spin & Strength CYNTHIA		Spin & Strength JANA			

*All classes are 50 minutes, and will take place in the pavilion.

*Face coverings/well-fitted masks are recommended for those who are imunocompromised. Please refrain from taking class if you are not feeling well.

*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 10-12 week sessions T/TH (Fall, Winter, Spring). Call front desk for more information, REGISTRATION REQUIRED