

FITNESS CLASS SCHEDULE

April 1st – May 12th, 2021

*Please note **ALL CLASSES REQUIRE A RESERVATION**. To place a reservation, use The Club At ADERO App.

Classes with no sign-ups, by 6:00 pm the day prior, will be canceled. Classes will be held at We-Ko-Pa Resort.

Maximum 10 people per class, apart from Pilates Reformer classes permitting 3 people per class.

No Club access/pool/fitness will be available at We-Ko-Pa on Easter Sunday, April 4th, 2021.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10AM Mind Body Soul Meditation (Jess)	7 AM *Pilates Reformer (Kaitlyn)	7 AM Total Body Challenge (Julie)	7 AM *Pilates Reformer (Kaitlyn)	7 AM Total body Challenge (Julie)	8 AM Boot Camp (Stephanie)	8 AM Yoga (Sarka)
11 AM Sound Healing Relaxation (Jess)	8 AM ZUMBA (Julie)	8 AM Myo-facial Stretch (Julie)	8 AM Mat Pilates (Margaret)	8 AM Yogalates (Julie)	8 AM Aqua (Sarah)	9 AM Mat Pilates (Sarka)
	9 AM Aqua (Julie)	9 AM Yoga (Jess)	9 AM Aqua (Julie)	10:30AM - 12:30PM Helpful Hints Personal Training (Jamie)	9 AM Yoga (Sarka)	10 AM Guided Movement Meditation (Veronique)
	9 AM Yoga (Kalla)	10:30AM - 12:30PM Helpful Hints Personal Training (Jamie)	9 AM Tobata Bootcamp (Margaret)	11 AM Aqua (Debora)	10 AM Mat Pilates (Sarka)	
Specialty Class *Pilates Reformer Limited to 3 Members Only	10 AM Boot Camp (Margaret)	11 AM Aqua (Debora)	11 AM *Pilates Reformer (Kaitlyn)		11:30AM ZUMBA/Dance (Kalla/Julie)	
	11 AM *Pilates Reformer (Kaitlyn)					

