



WESTGLOW  
— RESORT & SPA —

## Westglow Resort & Spa *Fitness Class Schedule*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>9:00</b>	Cycle & Sculpt / Hike	Cycle / Hike	Cycle & Sculpt / Hike	Cycle / Hike	Cycle & Sculpt / Hike	Cycle / Hike	Cycle / Hike
<b>10:15</b>	Stretch, Tone & Balance	Pilates Plus	Mat Pilates	Pilates Plus	Mat Pilates	Mat Pilates	Yoga
<b>11:15</b>	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
<b>12:00</b>			Glow Yoga		Glow Yoga		
<b>3:00</b>							
<b>3:15</b>						Cardio Moves	Glow Yoga
<b>4:15</b>	Fitball		Fitball		Fitball	Fitball	
<b>4:40</b>		Intermediate Yoga		Intermediate Yoga			
<b>5:15</b>							
<b>5:30</b>		Cycle		Cycle	Yoga-Stretch	Yogalates	

**Please Note:** Schedule is subject to change.  
*Hikes meet at the Manor House at 8:45. Glow Yoga is 60 minutes.*