



fitness schedule

October 2025

(O) outdoor (S) studio (P) pool (G) gym

Please register in advance for all classes at spa reception desk.
Classes meet in location on schedule. *Additional fee required

monday	tuesday	wednesday	thursday	friday	saturday	sunday
8:00-8:50 am Zumba/Movement (S) Cassandra	8:00-8:50 am *Cardio Tennis @ Lake Geneva Tennis	8:00-8:50 am Spin Cycle (S) Samantha	8:00-8:50 am Gentle Yoga (S) Sue	8:00-8:50 am *Cardio Tennis @ Lake Geneva Tennis	9:00-9:50 am Strengthen and Tone (S) Samantha	10:00-10:50 am Vinyasa Flow Yoga (S) Shari
9:00-9:50 am Aqua Fitness (P) Diana	8:00-8:50 am Gentle Yoga (S) Sue	9:00-9:50 am Strengthen and Tone (S) Samantha	9:00-10:00 am Aqua Fitness (P) Robbin	8:00-8:50 am Spin/Cycle (S) Samantha	10:00-10:50 am Vinyasa Flow Yoga (S) Samantha	
9:00-9:50 am Pilates (S) Barb	9:00-9:50 am Core Yoga (S) Barb	9:00-9:50 am Aqua Zumba (P) Cassandra		9:00-9:50 am Functional Yoga (S) Linda	10:00-10:50 am Aqua Fitness (P) Linda	
	9:00-10:00 am Aqua Fitness (P) Robbin			9:00-9:50 am Aqua (P) Robbin		
				10:00-10:50 am Vinyasa Flow Yoga (S) Shari		
			5:00-6:00 pm Vinyasa Flow Yoga (S) Viviane			
6:00-7:00 pm Gentle Yoga (S) Cassandra						