



fitness schedule

May 2026

(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
9:00-9:50 am Aqua (P) Diana M.	8:00-8:50 am *Cardio Tennis @ Lake Geneva Tennis	6:30- 7:30 am Yoga Strength (S) Jessie W.	8:00-8:50 am Vinyasa Flow Yoga (S) Shari	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 Pilates (S) Barb	8:00- 8:50 am Vinyasa Flow Yoga (S) Shari	8:00-8:50 am Spin Cycle (S) Samantha	9:00-10:00 am Aqua Zumba (P) Jessie A.	8:00-8:50 am Spin/Cycle (S) Samantha	10:00-10:50 am Vinyasa Flow Yoga (S) Samantha	
	9:00 - 9:50 am Aqua Fitness (P) Robbin	9:00 - 9:50 am Strengthen and Tone (S) Samantha	9:00 - 9:50 am Functional Fitness (S) Linda M.	9:00- 9:50 am Pilates (S) Jane		
		9:00 - 9:50 am Aqua (P) Robbin		9:00- 9:50 am Aqua (P) Robbin		
				10:00-10:50 am Vinyasa Flow Yoga (S) Shari		
			4:30-5:30 pm Vinyasa Flow (S) Viviane			