WELL SPA

fitness schedule

(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. *Additonal fee required

JULY 2026

monday	tuesday	wednesday	thursday	friday	saturday	sunday
9:00-9:50 am Pilates (S) Barb	**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** Gentle 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 FlowYoga (S) Shari
	8:00-8:50 am Gentle 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** Vinyasa Flow Yoga (S) Shari		
		9:00-9:50 am Aqua (P) Robbin		**9:00-9:50 am** Aqua (P) Robbin		
		4:30-5:30 pm Restorative Yoga (S) Viviane				