

# Virtual Fitness Schedule

Monday, November 16 - Saturday, November 21

## Monday, November 16

- 6am HIIT - Paige
- 11am Senior Fit - Laura
- 12pm Yoga - Jenessa
- 4pm Yoga - Melissa

## Tuesday, November 17

- 8:30am Pilates - Amy
- 9:30am Strength Hour - Shaughnessy

## Wednesday, November 18

- 6am HIIT - Paige
- 8am Body Balance - Kelly

## Thursday, November 19

- 8:30am Pilates - Amy
- 9:30am Strength Hour - Shaughnessy
- 10:30am Yoga - Lindsey
- 6pm Yoga - Kristin

## Friday, November 20

- 6am HIIT - Paige
- 11am Senior Fit - Laura

## Saturday, November 21

- 8am Yoga - Jenessa

**Register up to 7 days in advance on the Basin Recreation App  
or at [www.basinrecreation.org](http://www.basinrecreation.org).**



**B A S I N**  
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