



Dec. 2018 Group Fitness Class Schedule

WALDORF
ASTORIA[®]
SPA

Telephone for Class Sign-ups: 435-647-5555 Fitness
schedule is subject to change

	Sunday 2-Dec	Monday 3-Dec	Tuesday 4-Dec	Wednesday 5-Dec	Thursday 6-Dec	Friday 7-Dec	Saturday 8-Dec
ATTENTION: Please sign up the day prior for Kinesis, Re- cycle, and BOSU classes to confirm your spot due to limited space, 435-647- 5555. Sign up begins after 6am. Classes held regardless of number of sign ups.	8 Circuit / Claire 9 Yoga Mellow / Claire	6 TBC / Shan 8 Kinesis (45m) / Haley 9 Cycle (45m) / Haley 4 Yoga Push / Meri	6 Kinesis / Miranda 9 Cardio Burst / Jaada 10 Mat Pilates / Jaada	6 Tabata (45m) / Keri 8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda 10 Reformer / Jaada	6 Circuit / Karen 7:30 Bike & Build (45m) / Claire 9 TBC (30m) / Jaada 9:35 Circuit (30m) / Jaada 10:10 Yoga (30m) / Jaada	6 Cycle / Shan 8:15 Kinesis (45m) / Jaada 10 Cardio Burst (45m) / Jaada 10:50 Flow Fusion (45m) / Jaada	7:45 Circuit (75m) / Abi 9:10 Stretch & Stability (45m) / Abi
	8 TBC / Shannon 9 Yoga Mellow / Shannon	6 Cycle / Shan 8 Tabata (45m) / Haley 9 Cycle HIIT (45m) / Haley 4 Yoga Push / Meri	6 Tabata (45m) / Miranda 9 TBC / Jaada 10 TotalBarre / Jaada	6 TBC / Keri 8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda 10 Reformer / Jaada	6 Kinesis / Karen 7:30 Bike & Build (45m) / Claire 9 TBC (30m) / Jaada 9:35 Tabata (30m) / Jaada 10:10 Flow Fusion (30m) / Jaada	6 Circuit / Shan 8:15 Kinesis (45m) / Jaada 10 Cardio Burst (45m) / Jaada 10:50 Flow Fusion (45m) / Jaada	7:45 Circuit (75m) / Melanie 9:10 Stretch & Stability (45m) / Melanie
Please sign up by 6pm the day prior if to attend the classes highlighted in blue. Class will not be held unless members have signed up.	8 Tabata (45m) / Abi 9 Stretch & Stability / Abi	6 TBC / Shan 8 Circuit (45m) / Haley 9 Cycle (45m) / Haley 4 Yoga Push / Meri	6 Cycle / Miranda 9 BOSU HIIT (45m) / Jaada 10 Mat Pilates / Jaada	6 Circuit / Keri 8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda 10 Reformer / Jaada	6 Tabata (45m) / Karen 7:30 Bike & Build (45m) / Claire 9 Kick Boxing (30m) / Jaada 9:35 TBC (30m) / Jaada 10:10 Yoga (30m) / Jaada	6 Cycle / Shan 8:15 Kinesis (45m) / Jaada 10 Cardio Burst (45m) / Jaada 10:50 Flow Fusion (45m) / Jaada	7:45 Circuit (75m) / Melanie 9:10 Stretch & Stability (45m) / Melanie
	8 Circuit / Jaada 9 Yoga Mellow / Jaada	6 Cycle / Shan 8 TBC / Miranda 9 Cycle HIIT (45m) / Miranda	11 Circuit (45m) / Jaada 12 Yoga (45m) / Jaada	8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda	6 TBC / Karen 7:30 Bike & Build (45m) / Claire 9 TBC (30m) / Jaada 9:35 Circuit (30m) / Jaada 10:10 Flow Fusion (30m) / Jaada	6 Circuit / Shan 8:15 Kinesis (45m) / Jaada 10 Cardio Burst (45m) / Jaada 10:50 Flow Fusion (45m) / Jaada	7:45 Circuit (75m) / Jaada 9:10 Yoga (45m) / Jaada
The Pilates Reformer Classes, Beginning & Intermediate/ Advanced, are fee-based classes, \$25 for members and \$35 for non- members. Contact the Spa Concierge to sign up. Space is limited.	8 TBC / Kyra 9 Yoga Mellow / Kyra	6 Circuit / Shan 8 Circuit (45m) / Haley 9 Cycle (45m) / Haley	9 Circuit / Shan	6 TBC / Haley 8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda 10 Reformer / Jaada	6 Kinesis / Karen 7:30 Bike & Build (45m) / Claire 9 TBC (30m) / Jaada 9:35 Tabata (30m) / Jaada 10:10 Yoga (30m) / Jaada	6 Cycle / Shan 8:15 Kinesis (45m) / Jaada 10 Cardio Burst (45m) / Jaada 10:50 Flow Fusion (45m) / Jaada	7:45 Circuit (75m) / Claire 9:10 Yoga (45m) / Claire