Jan. 2019 Group Fitness Class Schedule

WALDORF ASTORIA SPA

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

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.

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.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
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
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
8 Tabata (45m) / Melanie 9 Stretch & Stability / Melanie	6 Cycle / Shan 8 TBC (45m) / Haley 9 Cycle HIIT (45m) / Haley 4 Yoga Push / Meri	6 TBC / Miranda 9 Kick Boxing / Jaada 10 TotalBarre / Jaada	6 Circuit / Keri 8 TBC (45m) / Miranda 9 Cycle (45m) / Miranda 10 Reformer / Jaada	6 Tabata (45m) / Karen 7:30 Bike & Build (45m) / Miranda 9 TBC (30m) / Jaada 9:35 Circuit (30m) / Jaada 10:10 Flow Fusion (30m) / Jaada	6 Bike & Build / 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
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
8 Circuit / Kyra 9 Yoga Mellow / Kyra	6 TBC / Shan 8 Tabata (45m) / Haley 9 Cycle (45m) / Haley 4 Yoga Push / Meri	6 Kinesis / Miranda 9 BOSU Multiplicity / 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 Cardio Burst (30m) / Jaada 9:35 TBC (30m) / Jaada 10:10 Yoga (30m) / Jaada	6 Cycle / Shan 8:15 Kinesis (45m) / Rhielle 10 Cardio Burst (45m) / Rhielle 10:50 Stretch & Stability / Rhielle	7:45 Circuit (75m) / Melanie 9:10 Stretch & Stability (45m) / Melanie
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
9 TBC / Claire 9 Yoga Mellow / Claire	6 Bike & Build / Shan 8 Kinesis (45m) / Haley 9 Cycle HIIT (45m) / Haley 4 Yoga Push / Meri	6 BOSU HIIT (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) / Haley 9 Kick Boxing (30m) / Jaada 9:35 Circuit (30m) / Jaada 10:10 Flow Fusion (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
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
8 Tabata (45m) / Kyra 9 Yoga Mellow / Kyra	6 Cycle / Shan 8 Circuit (45m) / Haley 9 Cycle (45m) / Haley 4 Yoga Push / Meri	6 Kinesis / Haley 9 Tabata (45m) / Jaada 10 Mat Pilates / Jaada	6 Circuit / Keri 8 TBC (45m) / Haley 10 Reformer / Jaada	6 TBC / Karen 7:30 Bike & Build (45m) / Claire 9 TBC (30m) / Jaada 9:35 Circuit (30m) / Jaada 10:10 Yoga (30m) / Jaada	6 Bike & Build / 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