



Feb. 2019 Group Fitness Class Schedule

WALDORF  
ASTORIA<sup>®</sup>  
SPA

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

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

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.