



March 2019 Group Fitness Class Schedule

WALDORF
ASTORIA[®]
SPA

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

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