



April 2019 Group Fitness Class Schedule

WALDORF
ASTORIA[®]
SPA

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

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