



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