



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