



Aug. 2019 Group Fitness Class Schedule

WALDORF  
ASTORIA<sup>SM</sup>  
SPA

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

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