



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