



March 2020 Group Fitness Class Schedule

WALDORF
ASTORIA[®]
SPA

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

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