



May 2021 Group Fitness Class Schedule

WALDORF
ASTORIA™
SPA

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

	Sunday 2-May	Monday 3-May	Tuesday 4-May	Wednesday 5-May	Thursday 6-May	Friday 7-May	Saturday 8-May
Classes are limited in size due to social distancing guidelines. Please book online or telephone the Spa desk to reserve your spot.	Spa is closed	6 TBC Shan	6 Circuit Miranda	6 TBC Keri	6 Circuit Shan	6 Tabata Shan	
	Gym is available for scheduling	8 Circuit Jaada	9 Kick Boxing Jaada	8 TBC Miranda	7:30 TBC Claire	8 TBC Jaada	7:30 Circuit Meri
		9 Circuit Jaada		9 TBC Miranda	9 Circuit Jaada	9 Total Barre Jaada	8:30 Circuit Meri
		10 Mat Pilates		10 Body & Bands Jaada	10 Mat Pilates Jaada	10 Cardio Burst Jaada	9:30 Yoga Meri
			4 Yoga Meri				
	Sunday 9-May	Monday 10-May	Tuesday 11-May	Wednesday 12-May	Thursday 13-May	Friday 14-May	Saturday 15-May
	Spa is closed	6 Circuit Shan	6 Tabata Miranda	6 Circuit Miranda	6 TBC Karan	6 Circuit Shan	
	Gym is available for scheduling	8 TBC Jaada	9 Circuit Jaada	8 Circuit Miranda	7:30 TBC Claire	8 Circuit Jaada	7:30 Circuit Melanie
		9 TBC Jaada		9 Circuit Miranda	9 Tabata Jaada	9 Body & Bands Jaada	8:30 Circuit Melanie
		10 Total Barre Jaada		10 Body & Bands Jaada	10 Total Barre Jaada	10 Cardio Burst Jaada	10 Stretch & Stability Melanie
			4 Yoga Meri				
	Sunday 16-May	Monday 17-May	Tuesday 18-May	Wednesday 19-May	Thursday 20-May	Friday 21-May	Saturday 22-May
Spa is closed	6 TBC Shan	6 Circuit Miranda	6 TBC Keri	6 Tabata Karen	6 Circuit Shan		
Gym is available for scheduling	8 Circuit Jaada	9 Kick Boxing Jaada	8 TBC Miranda	7:30 TBC Claire	8 TBC Jaada	7:30 Circuit Melanie	
	9 Circuit Jaada		9 TBC Miranda	9 Circuit Jaada	9 Total Barre Jaada	8:30 Circuit Melanie	
	10 Mat Pilates		10 Body & Bands Jaada	10 Mat Pilates Jaada	10 Cardio Burst Jaada	10 Stretch & Stability Melanie	
		4 Yoga Meri					
Sunday 23-May	Monday 24-May	Tuesday 25-May	Wednesday 26-May	Thursday 27-May	Friday 28-May	Saturday 29-May	
Spa is closed	6 Circuit Shan	6 TBC Miranda	6 Tabata Keri	6 TBC Rhielle	6 Circuit Shan		
Gym is available for scheduling	8 TBC Jaada	9 Tabata Jaada	8 Circuit Miranda	7:30 TBC Claire	8 TBC Jaada	7:30 Circuit Kyra	
	9 TBC Jaada		9 Circuit Miranda	9 Circuit Jaada	9 Mat Pilates Jaada	8:30 Circuit Kyra	
	10 Total Barre Jaada		10 Total Barre Jaada	10 Body & Bands Jaada	10 Cardio Burst Jaada	9:30 Yoga Kyra	
		4 Body & Bands Meri					
Sunday 30-May	Monday 31-May	Tuesday 1-Jun	Wednesday 2-Jun	Thursday 3-Jun	Friday 4-Jun	Saturday 5-Jun	
Spa is closed	6 Tabata Shan	6 Circuit Miranda	6 TBC Keri	6 Circuit Rhielle	6 TBC Shan		
Gym is available for scheduling		9 Circuit Jaada	8 TBC Miranda	7:30 TBC Claire	8 Circuit Jaada	7:30 Circuit Melanie	
			9 TBC Miranda	9 Kick Boxing Jaada	9 Body & Bands Jaada	8:30 Circuit Melanie	
			10 Total Barre Jaada	10 Total Barre Jaada	10 Cardio Burst Jaada	10 Stretch & Stability Melanie	
		4 Yoga Meri					

Please sign up by 5pm the day prior to attend the classes colored in blue. Class will not be held unless members have signed up the day prior.