

July 2021 Group Fitness Class Schedule



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

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

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.