

Sept. 2021 Group Fitness Class Schedule



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

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

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.