



Nov. 2021 Group Fitness Class Schedule

WALDORF
ASTORIA™
SPA

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

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