

Dec. 2021 Group Fitness Class Schedule



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

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