

Jan. 2022 Group Fitness Class Schedule



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

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