

**Group Fitness Schedule May 2012**



WALDORF ASTORIA PARK CITY  
Telephone: 435-647-5555

Please remember to sign up for the "Family" Classes by 6pm the day before. (These classes will not be held without sign-ups.) Parents do not need to attend the "Family" classes, younger members can attend alone at parent and trainer discretion.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-Apr	30-Apr	1-May	2-May	3-May	4-May	5-May
	6:00 Re-cycle & Core (90m) / Trent	6:00 Re-cycle / Connie	6:00 Kinesis / Trent	6:00 Re-cycle / Penny	6:00 Circuit City / Keri	
	8:00 Kinesis Express / Connie	7:30 Re-cycle / Scott	7:10 Core Crunch / Trent	7:30 Re-cycle / Scott	8:00 Kinesis / Trent	
8:00 Re-cycle / Claire	8:40 Re-cycle / Connie	9:00 Kickin' Core / Jaada	8:30 TBC / Connie	9:00 Kinesis / Jaada	9:10 Stretch & Stability / Trent	8:00 Circuit City (90m) / Jaada
9:15 Yoga Mellow / Claire	9:15 Pilates Circuit / sign up w/Jaada	10:10 Mat Pilates / Jaada	9:40 Re-cycle / Connie	10:10 Yoga Push / Ben	9:15 Pilates Circuit / sign up w/Jaada	9:45 Mat Mix / Jaada
	9:50 Kinesis Express / Connie	11:15 Yoga Mellow / Jaada			10:30 Zumba / Jaada	11:00 Family Circuit / Trent
	4:00 Yoga Push / Jaada		4:00 Yoga Push / Ben		4:00 Yoga Mellow / Ben	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-May	7-May	8-May	9-May	10-May	11-May	12-May
	6:00 Re-cycle & Core (90m) / Trent	6:00 TBC / Connie	6:00 Re-cycle / Trent	6:00 Circuit City / Whitney	6:00 Re-cycle / Keri	
	8:00 Kinesis / Connie	7:30 Re-cycle / Scott	7:10 Stretch & Stability / Trent	7:30 Re-cycle / Trent	8:00 Re-cycle & Core (90m) / Trent	
8:00 Kickin' Core / Jaada	9:10 Re-cycle / Connie	9:00 TBC / Jaada	8:00 Kinesis Express / Connie	9:00 Kickin' Core	9:15 Pilates Circuit / sign up w/Jaada	8:00 Circuit City (90m) / Trent
9:15 Yoga Mellow / Jaada	9:15 Pilates Circuit / sign up w/Jaada	10:10 Mat Pilates / Jaada	8:40 Re-cycle / Connie	10:10 Yoga Push / Ben	10:30 Zumba / Jaada	9:45 Stretch & Stability / Trent
		11:15 Yoga Mellow / Jaada	9:50 Kinesis Express / Connie			11:00 Family Circuit / Trent
	4:00 Yoga Push / Jaada		4:00 Yoga Push / Ben		4:00 Yoga Mellow / Ben	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13-May	14-May	15-May	16-May	17-May	18-May	19-May
	6:00 Re-cycle & Core (90m) / Trent	6:00 Re-cycle / Connie	6:00 Kinesis / Trent	6:00 Re-cycle / Claire	6:00 Circuit City / Keri	
	8:00 Kinesis Express / Connie	7:30 Re-cycle / Scott	7:10 Core Crunch / Trent	7:30 Re-cycle / Scott	8:00 Kinesis / Trent	
8:00 Circuit City / Shannon	8:40 Re-cycle / Connie	9:00 Kickin' Core / Jaada	8:30 TBC / Connie	9:00 Kinesis / Jaada	9:10 Stretch & Stability / Trent	8:00 Circuit City (90m) / Jaada
9:15 Yoga Mellow / Shannon	9:15 Pilates Circuit / sign up w/Jaada	10:10 Mat Pilates / Jaada	9:40 Re-cycle / Connie	10:10 Yoga Push / Ben	9:15 Pilates Circuit / sign up w/Jaada	9:45 Mat Mix / Jaada
	9:50 Kinesis Express / Connie	11:15 Yoga Mellow / Jaada			10:30 Zumba / Jaada	11:00 Family Circuit / Trent
	4:00 Yoga Push / Jaada		4:00 Yoga Push / Ben		4:00 Yoga Mellow / Kyra	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20-May	21-May	22-May	23-May	24-May	25-May	26-May
	6:00 Re-cycle & Core (90m) / Trent	6:00 TBC / Connie	6:00 Re-cycle / Trent	6:00 Circuit City / Penny	6:00 Re-cycle / Keri	
	8:00 Kinesis / Connie	7:30 Re-cycle / Scott	7:10 Stretch & Stability / Trent	7:30 Re-cycle / Trent	8:00 Re-cycle & Core (90m) / Trent	
8:00 Kickin' Core / Jaada	9:10 Re-cycle / Connie	9:00 TBC / Jaada	8:00 Kinesis Express / Connie	9:00 Kickin' Core	9:15 Pilates Circuit / sign up w/Jaada	8:00 Circuit City (90m) / Trent
9:15 Yoga Mellow / Jaada	9:15 Pilates Circuit / sign up w/Jaada	10:10 Mat Pilates / Jaada	8:40 Re-cycle / Connie	10:10 Yoga Push / Ben	10:30 Zumba / Jaada	9:45 Stretch & Stability / Trent
		11:15 Yoga Mellow / Jaada	9:50 Kinesis Express / Connie			11:00 Family Circuit / Trent
	4:00 Yoga Push / Shannon		4:00 Yoga Push / Ben		4:00 Yoga Mellow / Kyra	

Sign up for Kinesis and Re-Cycle Classes the day prior ~ Schedule is subject to change ~ Please checkin for class 5 minutes prior