

STAFFORD HILLS CLUB × GROUP FITNESS SCHEDULE ×

AM SUMMER 2018



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|--|
| 5:45am-6:45am SHC Strength Wendi GES | 5:40am-6:40am Cycle CORE Ryan CXS | 5:45am-6:45am SHC Strength Wendi GES | 5:40am-6:40am Cycle Ryan CXS | 5:40am-6:40am Sunrise Vinyasa Katy YS | 7:45am-8:45am Masters Swim Mike POOL | |
| 5:45am-7:00am Masters Swim Mike POOL | 5:45am-6:40am SHC Cardio Jeremy GES | 5:45am-7:00am Masters Swim Karen POOL | 5:45am-6:40am SHC Cardio Jeremy GES | 5:45am-6:45am Cardio Strength Mandy K GES | 8:15am-9:15am Cardio Strength Susan GES | |
| 8:15am-9:00am Hydro-Fit Linda POOL | 8:15am-9:00am Hydro-Fit Jane POOL | 8:30am-9:30am Yoga Fundamentals L1 Colleen YS | 8:15am-9:00am Hydro-Fit Jane POOL | 5:45am-7:00am Masters Swim Francie POOL | 8:05am-9:20am Yoga FLOW Cindy YS | |
| 8:30am-9:30am Yoga Fundamentals L1 Terry YS | 8:30am-9:25am SHC Strength Wendi GES | 8:30am-9:25am Cardio Barre Mandy GES | 8:30am-9:25am SHC Strength Wendi GES | 8:30am-9:25am Balance, Strength & Stretch Linda GES | 8:30am-9:15am Cycle Heather CXS | 9:00am-10:00am Yoga for Athletes Kelly YS |
| 8:30am-9:25am Barre Foundations Wendi GES | 8:30am-9:30am Yoga Fundamentals L2 Karen YS | 9:30am-10:25am Cardio Strength Donna GES | 8:30am-9:30am Yoga Fundamentals L2 Colleen YS | 8:30am-9:25am Booty Barre Flex & Flow® Heather YS | 9:00am-9:45am Hydro-Fit Frances POOL | 9:00am-10:00am SHC Strength Mandy K GES |
| 9:30am-10:25am Cardio Strength Susan GES | 8:30am-9:25am Cycle/Strength Intervals Susan CXS | 9:30am-10:30am Cycle SHC Staff CXS | 8:30am-9:25am Cycle/Strength Intervals Marisa CXS | 9:30am-10:30am Cycle Billy CXS | 9:30am-10:30am 30/30 Cycle Strength Heather CXS | 10:15am-11:15am 92F Power Vinyasa Kelly YS |
| 9:30am-10:30am Cycle SHC Staff CXS | 9:30am-10:25am Zumba® Yenitzia GES | 9:40am-10:35am Barre Foundations Gina YS | 9:30am-10:25am Cardio Groove Brenda GES | 9:30am-10:25am Zumba® Yenitzia GES | 9:30am-10:25am Zumba® Yenitzia GES | 10:30am-11:30am Barre Pilates Fusion Monica GES |
| 9:40am-10:35am Barre Foundations Tammi YS | 9:30am-10:25am Yoga FLOW McKenzie YS | 10:45am-12:00pm Yoga Fundamentals L2/3 Rachel YS | 9:30am-10:25am Yoga FLOW McKenzie YS | 9:40am-10:35am Booty Barre Plus® Heather YS | 9:30am-10:45am Restorative Yoga Cindy YS | |
| 10:30am-11:25am Cardio Groove Alaina GES | 9:40am-10:40am 30/30 Cycle Strength Susan CXS | 12:15pm-12:45pm THIRTY 2 BURN Kristi GES | 9:40am-10:40am 30/30 Cycle Strength Marisa CXS | 10:40am-11:40am Cardio Strength Billy GES | 10:45am-11:45am Booty Barre PLUS® Mandy G GES | |
| 10:45am-12:00pm Yoga Fundamentals L2/3 Karen YS | 10:40am-11:35am Pilates Mat Kira YS | | 10:40am-11:35am Pilates Mat Kira YS | 10:45am-12:00pm Yoga Fundamentals L1 Terry YS | | 2:00pm-3:15pm Yoga FLOW Terry YS |
| 12:15pm-12:45pm THIRTY 2 BURN Kristi GES | 10:30am-11:30am Booty Barre Plus® Gina GES | | 10:30am-11:30am Booty Barre Plus® Gina GES | | | |



GES Group Exercise Studio
 YS Yoga Studio
 CXS Cycle Studio
 Register on App

SCHEDULE EFFECTIVE 6/18/2018

STAFFORD HILLS CLUB
 × GROUP FITNESS SCHEDULE ×

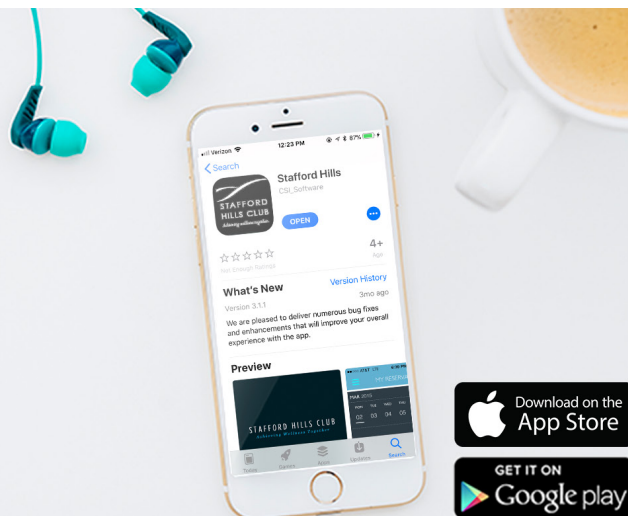
PM SUMMER 2018




| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--------|
| 5:30pm-6:30pm 92F Power Vinyasa Karolyn YS | 5:30pm-6:25pm Booty Barre PLUS® Heather YS | 5:30pm-6:30pm 92F Power Vinyasa LV 1/2 Karolyn YS | 5:30pm-6:00pm THIRTY 2 BURN Mandy K GES | |
| 5:30pm-6:25pm Cardio Strength Courtney GES | 5:30pm-6:00pm THIRTY 2 BURN Mandy K GES | 5:30pm-6:25pm Cardio Groove Alaina GES | 6:05pm-6:25pm Arms & Abs Mandy K GES | |
| 5:45pm-6:45pm Cycle Leoni CXS  | 6:05pm-6:25pm Arms & Abs Mandy K GES | 5:45pm-6:45pm 30/30 Cycle Strength SHC Staff CXS  | 6:30pm-7:00pm THIRTY 2 BURN Mandy K GES | |
| 6:30pm-7:25pm Pilates Mat Monica GES | 6:30pm-7:00pm THIRTY 2 BURN Mandy K GES | 6:30pm-7:25pm Pilates Mat Monica GES | 6:40pm-7:55pm Yoga Flow & Restorative Cindy YS | |
| 6:40pm-7:55pm Restorative Yoga Sherri YS | 6:40pm-7:55pm Yoga Flow & Restorative Cindy YS | 6:40pm-7:55pm Restorative Yoga Sherri YS | | |

Now on the
 Stafford Hills App...

**CYCLE
 RESERVATIONS**



GES Group Exercise Studio
 YS Yoga Studio
 CXS Cycle Studio
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**SCHEDULE
 EFFECTIVE
 6/18/2018**

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