

STAFFORD HILLS CLUB × GROUP FITNESS SCHEDULE ×

AM WINTER 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 Maegan YS	7:45am-8:45am Masters Swim Mike POOL	
5:45am-7:00am Masters Swim Mike POOL	5:45am-6:40am SHC Cardio SHC Instructor GES	5:45am-7:00am Masters Swim Karen POOL	5:45am-6:40am SHC Cardio Wendi GES	5:45am-6:45am Cardio Strength Mandy K GES	8:05am-9:05am 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	8:15am-9:15am Cycle Wendi CXS	9:00am-10:00am Yoga for Athletes Maegan YS
8:30am-9:25am Barre Foundations Wendi GES	8:30am-9:30am Yoga Fundamentals L2 Karen YS	9:30am-10:25am Cardio Strength Mandy K 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 Susan 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 Cycle Kristi CXS
9:30am-10:30am Cycle Shannah 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	10:15am-11:15am 92F Power Vinyasa Maegan YS
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	10:15am-11:15am Booty Barre PLUS® Mandy G. GES
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® Heather 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 Kelly 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

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PM WINTER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45pm-5:25pm Youth Fitness Xtreme Kristi GES *Ages 6+	4:45pm-5:25pm Adventure Yoga Lauren YS *Ages 6+	4:45pm-5:25pm Youth Fitness Xtreme Kristi GES *Ages 6+				
5:30pm-6:30pm 92F Power Vinyasa McKenzie YS	5:30pm-6:25pm Booty Barre PLUS® Heather YS	5:30pm-6:30pm 92F Power Vinyasa LV 1/2 Karolyn YS	5:30pm-6:25pm Booty Barre PLUS® Gina YS			
5:30pm-6:15pm Cardio Strength EXPRESS SHC Staff GES	5:30pm-6:00pm THIRTY 2 BURN Mandy K GES	5:30pm-6:15pm Cardio Strength EXPRESS Tammi GES	5:30pm-6:00pm THIRTY 2 BURN 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 Leoni CXS	6:05pm-6:25pm Arms & Abs Mandy K GES	6:00pm-7:15pm Restorative Yoga with Yoga Nidra Sherri YS		
6:20pm-7:15pm Pilates Mat Monica GES	6:30pm-7:45pm Vinyasa to Restorative Cindy YS	6:20pm-7:15pm Pilates Mat Tammi GES	6:30pm-7:45pm Vinyasa to Restorative Cindy YS			
6:40pm-7:55pm Restorative Yoga Sherri YS	6:30pm-7:00pm THIRTY 2 BURN Mandy K GES	6:40pm-7:55pm Restorative Yoga Sherri YS	6:30pm-7:00pm THIRTY 2 BURN Mandy K GES			

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We encourage our members to check the Club Calendar on our website or the Stafford Hills App for updates to this schedule

**Schedule Effective
1/8/2018**

STAY CONNECTED



Text **“GROUP EX”**
to **319-96**
to receive text updates



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