

STAFFORD HILLS CLUB × GROUP FITNESS SCHEDULE ×

AM SPRING 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|--|--|--|
| 5:40am-6:35am SHC Strength Wendi GES | 5:40am-6:40am Cycle CORE Ryan CXS | 5:40am-6:35am SHC Strength Wendi GES | 5:40am-6:40am Cycle Ryan CXS | 5:40am-6:40am Sunrise Vinyasa Cindy 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-7:00am Masters Swim Francie POOL | 8:05am-9:20am Yoga FLOW Cindy YS | |
| 8:15am-9:00am Hydro-Fit Linda POOL | 8:15am-9:00am Hydro-Fit Emily POOL | 8:30am-9:30am Yoga Fundamentals L1 Colleen YS | 8:15am-9:00am Hydro-Fit Linda POOL | 8:30am-9:25am Balance, Strength & Stretch Linda GES | 8:15am-9:15am Cardio Strength Susan GES | |
| 8:30am-9:30am Yoga Fundamentals L1 Terry YS | 8:30am-9:25am SHC Strength Shari GES | 8:30am-9:25am Barre Pilates Fusion Mandy GES | 8:30am-9:25am SHC Strength Wendi GES | 8:30am-9:25am Booty Barre® Heather YS | 8:30am-9:15am Cycle Marisa CXS | 9:00am-10:00am Yoga for Athletes Kelly YS |
| 8:30am-9:25am POP® Pilates Karie GES | 8:30am-9:30am Yoga Fundamentals L2 Karen YS | 9:30am-10:25am Cardio Kickboxing Susan GES | 8:30am-9:30am Yoga Fundamentals L2 Colleen YS | 9:15am-10:15am Cycle Shari CXS | 9:00am-9:45am Hydro-Fit Frances POOL | 9:15am-10:15am SHC Strength Wendi GES |
| 9:30am-10:25am Cardio Strength Susan GES | 8:30am-9:25am Cycle/Strength Intervals Susan CXS | 9:30am-10:30am Cycle Emily CXS | 9:30am-10:25am Rev+Flow® Brenda GES | 9:30am-10:25am Zumba® Yenitzia GES | 9:30am-10:30am 30/30 Cycle Strength Heather CXS | 10:15am-11:15am Power Vinyasa Kelly YS |
| 9:30am-10:30am Cycle Heather CXS | 9:30am-10:25am Zumba® Yenitzia GES | 9:40am-10:35am Barre Foundations Gina YS | 9:30am-10:25am Yoga FLOW McKenzie YS | 9:40am-10:35am Booty Barre® Heather YS | 9:30am-10:25am Zumba® Yenitzia GES | 10:30am-11:15am Cycle EXPRESS Wendi CXS |
| 9:40am-10:35am Barre Foundations Karie YS | 9:30am-10:25am Yoga FLOW McKenzie YS | 10:45am-12:00pm Yoga Fundamentals L2/3 Rachel YS | 9:40am-10:40am 30/30 Cycle Strength Ryan CXS | 10:30am-11:30am Cycle Shari CXS | 9:30am-10:45am Restorative Yoga Cindy YS | |
| 10:30am-11:25am Cardio Groove Alaina GES | 9:40am-10:40am 30/30 Cycle Strength Shari CXS | 12:15pm-12:45pm THIRTY 2 BURN Kristi GES | 10:40am-11:35am Pilates Mat Kira YS | 10:30am-11:25am Hard CORE Wendi GES | 10:45am-11:45am Booty Barre PLUS® Heather GES | 2:00pm-3:15pm Yin Yoga Terry YS |
| 10:40am-11:40pm Yoga Flow Kelly YS | 10:40am-11:35am Pilates Mat Wendi YS | 12:15pm-1:15pm Tai Chi Frances YS | 10:30am-11:30am Booty Barre Plus® Gina GES | 10:45am-12:00pm Yoga Fundamentals L1 Terry YS | | |
| 12:15pm-12:45pm THIRTY 2 BURN Kristi GES | 10:30am-11:30am Booty Barre Plus® Gina GES | | | | | |

SCHEDULE EFFECTIVE
5/8/2019

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

STAFFORD HILLS CLUB
 × GROUP FITNESS SCHEDULE ×

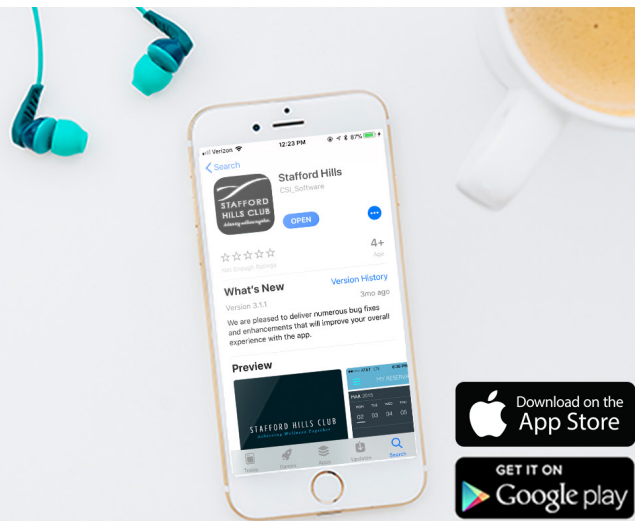
PM SPRING 2019



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--------|
| 5:30pm-6:30pm 92F Power Vinyasa Karolyn YS | 4:30pm-5:15pm Youth Yoga Lauren YS <i>*Ages 6+</i> | 5:30pm-6:30pm 92F Power Vinyasa LV 1/2 Karolyn YS | 5:30pm-6:25pm Cardio Strength Wendi GES | |
| 5:30pm-6:25pm SHC Strength Wendi GES | 5:30pm-6:25pm Booty Barre PLUS® Heather YS | 5:30pm-6:25pm Cardio Groove Alaina GES | | |
| 5:45pm-6:45pm Cycle Leonie CXS | 5:30pm-6:25pm Cardio Strength Wendi GES | 5:45pm-6:45pm 30/30 Cycle Strength Ryan CXS | | |
| 6:30pm-7:25pm Pilates Mat Karie GES | | 6:40pm-7:55pm Restorative Yoga Sherri 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
 Register on App

SCHEDULE
 EFFECTIVE
 5/13/2019

DOWNLOAD THE STAFFORD HILLS APP TODAY