

FALL  
AM  
2017

STAFFORD HILLS CLUB  
GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40am-6:40am <b>Cycle</b> Kristi   CXS	5:40am-6:40am <b>Cycle CORE</b> Ryan   CXS	5:40am-6:40am <b>Cycle</b> Kristi   CXS	5:40am-6:40am <b>Cycle</b> Ryan   CXS	5:40am-6:40am <b>Sunrise Vinyasa</b> Maegan   YS	7:45am-8:45am <b>Masters Swim</b> Mike   POOL	
5:45am-6:45am <b>SHC Strength</b> Wendi   GES	5:45am-6:45am <b>SHC Cardio</b> Wendi   GES	5:45am-6:45am <b>SHC Strength</b> Wendi   GES	5:45am-6:45am <b>SHC Cardio</b> Wendi   GES	5:45am-7:00am <b>Masters Swim</b> Francie   POOL	8:05am-9:05am <b>Cardio Strength</b> Susan   GES	
5:45am-7:00am <b>Masters Swim</b> Mike   POOL	8:15am-9:00am <b>Hydro-Fit</b> Jane   POOL	5:45am-7:00am <b>Masters Swim</b> Karen   POOL	8:15am-9:00am <b>Hydro-Fit</b> Jane   POOL	8:30am-9:25am <b>Booty Barre Flex &amp; Flow®</b> Heather   YS	8:05am-9:20am <b>Yoga FLOW</b> Cindy   YS	
8:15am-9:00am <b>Hydro-Fit</b> Linda   POOL	8:30am-9:30am <b>Yoga Fundamentals L2</b> Karen   YS	8:30am-9:30am <b>Yoga Fundamentals L1</b> Colleen   YS	8:30am-9:30am <b>Yoga Fundamentals L2</b> Karen   YS	9:30am-10:30am <b>Cycle</b> Billy   CXS	8:15am-9:15am <b>Cycle</b> Ryan   CXS	9:00am-10:00am <b>Yoga for Athletes</b> Maegan   YS
8:30am-9:30am <b>Yoga Fundamentals L1</b> Terry   YS	8:30am-9:25am <b>Cycle/Strength Intervals</b> Susan   CXS	8:30am-9:25am <b>Cardio Barre</b> Mandy   GES	8:30am-9:25am <b>Cycle/Strength Intervals</b> Dawn   CXS	9:30am-10:25am <b>Zumba®</b> Yenitzia   GES	9:00am-9:45am <b>Hydro-Fit</b> Frances   POOL	9:00am-10:00am <b>SHC Strength</b> Jenna   GES
8:30am-9:25am <b>Barre Foundations</b> Whitney   GES	9:30am-10:25am <b>Zumba®</b> Yenitzia   GES	9:30am-10:25am <b>Cardio Strength</b> Dawn   GES	9:30am-10:25am <b>Cardio Groove</b> Brenda   GES	9:40am-10:35am <b>Booty Barre Plus®</b> Heather   YS	9:05am-9:25am <b>SHC Core EXPRESS</b> Susan   GES	10:15am-11:15am <b>Cycle</b> Jenna   CXS
9:30am-10:25am <b>Cardio Strength</b> Susan   GES	9:30am-10:25am <b>Yoga FLOW</b> McKenzie   YS	9:30am-10:30am <b>Cycle</b> Susan   CXS	9:30am-10:25am <b>Yoga FLOW</b> McKenzie   YS	10:40am-11:40am <b>SHC Strength</b> Billy   GES	9:30am-10:30am <b>30/30 Cycle Strength</b> Heather   CXS	10:15am-11:15am <b>92F Power Vinyasa</b> Maegan   YS
9:30am-10:30am <b>Cycle</b> Shannah   CXS	9:40am-10:40am <b>30/30 Cycle Strength</b> Susan   CXS	9:40am-10:35am <b>Barre Foundations</b> Lauren   YS	9:40am-10:40am <b>30/30 Cycle Strength</b> Marisa   CXS	10:45am-12:00pm <b>Yoga Fundamentals L1</b> Terry   YS	9:30am-10:25am <b>Zumba®</b> Yenitzia   GES	10:15am-11:15am <b>Booty Barre PLUS®</b> Mandy G.   GES
9:40am-10:35am <b>Barre Foundations</b> Whitney   YS	10:40am-11:35am <b>Pilates Mat</b> Kira   YS	10:45am-12:00pm <b>Yoga Fundamentals L2/3</b> Karen   YS	10:40am-11:35am <b>Pilates Mat</b> Kira   YS		9:30am-10:45am <b>Restorative Yoga</b> Cindy   YS	
10:30am-11:25am <b>Cardio Groove</b> Alaina   GES	10:30am-11:30am <b>Booty Barre Plus®</b> Gina   GES	12:15pm-12:45pm <b>THIRTY 2 BURN</b> Elissa   GES	10:30am-11:30am <b>Booty Barre Plus®</b> Gina   GES		10:45am-11:45am <b>Booty Barre PLUS®</b> Heather   GES	2:00pm-3:15pm <b>Yoga FLOW</b> Kelly   YS
10:45am-12:00pm <b>Yoga Fundamentals L2/3</b> Karen   YS						
12:15pm-12:45pm <b>THIRTY 2 BURN</b> Elissa   GES						

GES | Group Exercise Studio  
YS | Yoga Studio  
CXS | Cycle Studio

\*\*We encourage our members to check the Club Calendar on our website or the Stafford Hills App for updates to this schedule\*\*  
**Schedule Effective 10/4/2017**

**FALL  
PM  
2017**

**STAFFORD HILLS CLUB  
GROUP FITNESS SCHEDULE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:45pm-5:25pm <b>Youth Fitness Xtreme</b> Dawn   GES *Ages 6+	4:45pm-5:25pm <b>Adventure Yoga</b> Lauren   YS *Ages 6+	4:45pm-5:25pm <b>Youth Fitness Xtreme</b> Dawn   GES *Ages 6+				
5:30pm-6:30pm <b>92F Power Vinyasa</b> McKenzie   YS	5:30pm-6:30pm <b>Booty Barre PLUS®</b> Heather   YS	5:30pm-6:30pm <b>92F Power Vinyasa LV 1/2</b> Mequasah   YS	5:30pm-6:30pm <b>Booty Barre PLUS®</b> Gina   YS			
5:30pm-6:15pm <b>Cardio Strength EXPRESS</b> Jenna   GES	5:30pm-6:00pm <b>THIRTY 2 BURN</b> Elissa   GES	5:30pm-6:15pm <b>Cardio Strength EXPRESS</b> Jenna   GES	5:30pm-6:00pm <b>THIRTY 2 BURN</b> Elissa   GES			
5:45pm-6:45pm <b>Cycle</b> Leoni   CXS	6:05pm-6:25pm <b>Arms &amp; Abs</b> Elissa   GES	5:45pm-6:45pm <b>30/30 Cycle Strength</b> Leoni   CXS	6:05pm-6:25pm <b>Arms &amp; Abs</b> Eissa   GES			
6:20pm-7:15pm <b>Pilates Mat</b> Monica   GES	6:30pm-7:00pm <b>THIRTY 2 BURN</b> Elissa   GES	6:20pm-7:15pm <b>Pilates Mat</b> Courtney M.   GES	6:30pm-7:00pm <b>THIRTY 2 BURN</b> Elissa   GES	6:00pm-7:15pm <b>Restorative Yoga with Yoga Nidra</b> Sherri   YS		
6:40pm-7:55pm <b>Restorative Yoga</b> Sherri   YS	6:30pm-7:45pm <b>Vinyasa to Restorative</b> Cindy   YS	6:40pm-7:55pm <b>Restorative Yoga</b> Sherri   YS	6:30pm-7:45pm <b>Vinyasa to Restorative</b> Cindy   YS			

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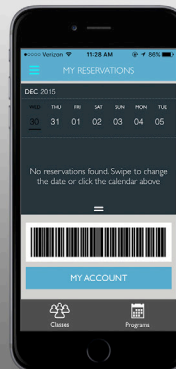
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**Schedule Effective  
10/4/2017**

**STAY CONNECTED**



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



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