



STAFFORD HILLS CLUB

# GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am <b>Masters Swim</b> Mike   POOL	5:45-6:30am <b>Strength</b> Wendi   XCEL	5:45-6:45am <b>Masters Swim</b> Francie   POOL	5:45-6:30am <b>Strength</b> Wendi   XCEL			
6:45-7:30am <b>Cardio Strength</b> Wendi   XCEL		6:45-7:30am <b>Cardio Strength</b> Wendi   XCEL				
6:45-7:30am <b>Cardio Strength</b> Wendi   VIRTUAL	6:45-7:30am <b>Sunrise Yoga</b> Kelly   VIRTUAL	6:45-7:30am <b>Cardio Strength</b> Wendi   VIRTUAL	6:45-7:30am <b>Booty Barre</b> Heather   VIRTUAL		8:15-9:00am <b>Cycle</b> Julie   BALC	
8:30-9:15am <b>Cycle</b> Wendi   BALC	8:30-9:15am <b>Strength</b> Wendi   PS	8:30-9:15am <b>Cycle</b> Wendi   BALC	8:30-9:15am <b>HIIT/Tabata</b> Wendi   PS	8:30-9:15am <b>Strength</b> Wendi   PS	9:00-9:45am <b>Cardio Strength</b> Heather   VIRTUAL	
9:30-10:15am <b>Pilates Mat</b> Gina   PS	9:30-10:15am <b>Rev + Flow</b> Brenda   PS	9:30-10:15am <b>Booty Barre</b> Gina   PS	9:30-10:15am <b>Pilates Mat</b> Gina   PS	9:30-10:15am <b>Rev + Flow</b> Brenda   PS	9:15-10:00am <b>Zumba/Cardio Groove</b> Yenitzia/Alaina   PS	9:00-9:45am <b>Cycle CORE</b> Leonie   BALC
10:45-11:45am <b>Balance, Strength &amp; Stretch</b> Linda   PS	10:45-11:45am <b>Yoga Fundamentals</b> Rachel   PS	10:45-11:45am <b>60+ and Strong</b> Frances   PS	10:45-11:45am <b>Yoga Flow</b> Vickie   PS		10:15-11:15am <b>Yoga Flow</b> Mckenzie   PS	10:15-11:15am <b>Power Vinyasa</b> Vickie   PS
	12:00-12:45pm <b>Hydro-Fit</b> Emily   POOL		12:00-12:45pm <b>Hydro-Fit</b> Linda   POOL			
4:30-5:15pm <b>Zumba</b> Yenitzia   PS		4:30-5:15pm <b>Cardio Strength</b> Susan   PS				
5:30-6:15pm <b>Cardio Strength</b> Tammi   PS	5:30-6:15pm <b>Cycle</b> Dan   BALC	5:30-6:15pm <b>Cardio Groove</b> Alaina   PS	5:30-6:15pm <b>Cycle Core</b> Julie   BALC			
	6:30-7:15pm <b>Yoga Flow</b> Vickie   PS	6:35-7:20pm <b>Pilates Mat</b> Gina   PS	6:30-7:15pm <b>Yoga Flow</b> Vickie   PS			

## REGISTRATION

- Registration required for **ALL IN-PERSON CLASSES** via the Stafford Hills App.
- Registration opens at 12pm, two days prior to the scheduled class.
- Registration not required for Virtual classes.

## VIRTUAL CLASSES

Classes listed as "VIRTUAL" will only be available virtually via SHC Mobile page not in person at the Club. Go to [www.StaffordHills.com/shcmobile](http://www.StaffordHills.com/shcmobile) for more info.

BALC Poolside Balcony  
PS Poolside

\* Classes with less than 5 participants registered 1 hour prior to start time may be cancelled.

\*SCHEDULE EFFECTIVE 9/14/2020. SCHEDULE SUBJECT TO CHANGE. VIEW MOST ACCURATE CLASS SCHEDULE ON THE STAFFORD HILLS APP.