



# 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>Tabata/HIIT</b> Wendi   XCEL	5:45-6:45am <b>Masters Swim</b> Francie   POOL	5:45-6:30am <b>Strength</b> Wendi   XCEL			
6:30-7:15am <b>Strength</b> Wendi   XCEL		6:30-7:15am <b>Cardio Strength</b> Wendi   XCEL				
					9:00-9:45am <b>Cycle</b> Julie   Balc	8:30-9:15am <b>Tabata/HIIT</b> Wendi   XCEL
9:30-10:15am <b>Strength</b> Wendi   XCEL	9:30-10:15am <b>Pilates Mat</b> Gina   APP	9:30-10:15am <b>Tabata/HIIT</b> Wendi   XCEL	9:30-10:15am <b>Booty Barre</b> Gina   APP	9:30-10:15am <b>Rev + Flow</b> Brenda   XCEL	9:30-10:30am <b>Yoga Flow</b> Mckenzie   XCEL	
10:00-10:45am <b>Cycle</b> Simone   Balc			10:00-10:45am <b>Dance Fitness</b> Yenitzia/Alaina   CT 10	10:00-10:45am <b>Cycle</b> Simone   Balc	10:00-10:45am <b>Dance Fitness</b> Yenitzia/Alaina   CT 10	10:00-10:45am <b>Cycle</b> Leonie   Balc
10:45-11:30am <b>Balance, Strength &amp; Stretch</b> Wendi   APP	10:45-11:45am <b>Yoga Fundamentals</b> Rachel   XCEL	10:45-11:45am <b>60+ and Strong</b> Wendi   APP				
	12:00-12:45pm <b>Hydro-Fit</b> Frances   POOL		12:00-12:45pm <b>Hydro-Fit</b> Linda   POOL			
	5:30-6:15pm <b>Cycle</b> Leonie   Balc		5:30-6:15pm <b>Cycle Core</b> Julie   Balc			

**XCEL**  
Balc  
CT 10  
APP

**XCEL Studio**  
Poolside Balcony  
Tennis Court 10  
Live Stream on  
Mywellness App

## IN-PERSON



- Registration required for **ALL IN-PERSON CLASSES** via the Stafford Hills App.
- Registration opens at 1pm, two days prior to the scheduled class.
- XCEL classes: Masks required.
- Cycle & Dance Fitness Classes: Masks must be worn until class begins and immediately after.

## VIRTUAL & ON-DEMAND

Live Virtual Classes are complimentary for Members and stream live through the Mywellness App. Scan the QR Code to download the App and get started today!



Our On-Demand Library on the Mywellness App offers multiple classes for you to train whenever and wherever you want! New classes are uploaded regularly.