




STAFFORD HILLS CLUB

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45am Masters Swim Mike POOL	5:45-6:30am Strength Wendi GX	5:45-6:45am Masters Swim Francie POOL	5:45-6:30am Strength Wendi GX	5:45-6:45am Masters Swim Karen POOL		
		5:45-6:30am Cardio Strength Wendi GX				
6:45-7:30am Functional Strength Alaina GX	6:45-7:30am Strength Wendi GX		6:45-7:30am Strength Wendi GX			
8:30-9:15am Cardio Strength Alicia GX	8:30-9:15am Strength Adrienne GX	8:30-9:15am Tabata HIIT Susan GX	8:30-9:15am Strength Wendi GX		9:00-9:45am Cycle Julie CXS	8:30-9:15am Cardio Strength Tammi GX
9:30-10:15am Pilates Mat Gina GX	9:00-9:45am Hydro-Fit Linda POOL	9:30-10:15am Pilates Mat Gina GX	9:00-9:45am Hydro-Fit Frances POOL	9:30-10:15am Zumba Yenitzia GX	9:00-9:45am Hydro-Fit Frances POOL	9:30-10:30am Yoga Flow Tammi GX
9:30-10:15am Cycle Alicia CXS	9:30-10:15am Booty Barre Gina GX	9:30-10:15am Cycle Alicia CXS	9:30-10:15am Booty Barre Gina GX		9:45-10:30am Dance Fitness Yenitzia/Alaina GX	10:00-10:45am Cycle Leonie/Dan CXS
10:30-11:15am Rev + Flow Brenda GX	10:30-11:30am Yoga Fundamentals Rachel GX	10:30-11:15am 60+ and Strong Frances GX	10:30-11:30am Yoga Fundamentals Rachel GX	10:30-11:15am Rev + Flow Brenda GX	10:45-11:45am Yoga Flow Mckenzie GX	
5:30-6:15pm Cardio Strength Susan GX	5:30-6:15pm Cycle Core Julie CXS	5:30-6:15pm Cycle Dan CXS				
	5:30-6:30pm Yoga Flow Grace GX	5:30-6:15pm Cardio Groove Alaina GX	5:30-6:30pm Yoga Flow Sarah GX			

GX Group Ex Studio
CXS Cycle Studio




IN-PERSON

- Registration required for **ALL IN-PERSON CLASSES** via the Stafford Hills Club App & Member Login.
- Registration opens in the early morning, two days prior to the scheduled class.

ON-DEMAND

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.



*SCHEDULE EFFECTIVE 9/21/2021. SCHEDULE SUBJECT TO CHANGE. VIEW MOST ACCURATE CLASS SCHEDULE ON THE STAFFORD HILLS APP.