



# 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   GX	5:45-6:45am <b>Masters Swim</b> Francie   POOL	5:45-6:30am <b>Strength</b> Wendi   GX	5:45-6:45am <b>Masters Swim</b> Karen   POOL		
		5:45-6:30am <b>Cardio Strength</b> Wendi   GX				
6:45-7:30am <b>Cardio CORE</b> Wendi   GX	6:45-7:30am <b>Strength</b> Wendi   GX		6:45-7:30am <b>Strength</b> Wendi   GX	6:45-7:45am <b>Sunrise Yoga</b> Grace   CR		
8:30-9:15am <b>Strength</b> Mattie   GX	8:30-9:15am <b>Cardio Strength</b> Mattie   GX	8:30-9:15am <b>Strength</b> Susan   GX	8:30-9:15am <b>Cardio CORE</b> Mattie   GX		8:30-9:15am <b>Strength</b> Wendi   GX	8:30-9:15am <b>Cardio Strength</b> Tammi   GX
9:30-10:15am <b>Booty Barre</b> Gina   GX	9:00-9:45am <b>Hydro-Fit</b> Linda   POOL	9:30-10:15am <b>Booty Barre</b> Gina   GX	9:00-9:45am <b>Hydro-Fit</b> Frances   POOL	9:30-10:30am <b>Yoga Flow</b> McKenzie   CR	9:00-9:45am <b>Hydro-Fit</b> Frances   POOL	9:00-9:45am <b>Cycle</b> Leonie   CXS
9:30-10:30am <b>Yoga Flow</b> Kelly   CR	9:30-10:15am <b>Zumba</b> Yenitzia   GX		9:30-10:15am <b>Pilates Mat</b> Gina   CR	9:30-10:15am <b>Zumba</b> Yenitzia   GX	9:00-10:00am <b>Cycle CORE</b> Julie   CXS	9:30-10:30am <b>Yoga Flow</b> Tammi   CR
10:30-11:15am <b>Rev + Flow</b> Brenda   GX	9:30-10:15am <b>Pilates Mat</b> Gina   CR		10:30-11:30am <b>Yoga Fundamentals</b> Rachel   CR	10:30-11:15am <b>Rev + Flow</b> Brenda   GX	9:30-10:15am <b>Dance Fitness</b> Yenitzia/Alaina   GX	
12:30-1:15pm <b>60+ and Strong</b> Frances   GX	10:30-11:30am <b>Yoga Fundamentals</b> Rachel   CR	12:30-1:15pm <b>60+ and Strong</b> Frances   GX			10:30-11:30am <b>Yoga Flow</b> Mckenzie   CR	
	5:30-6:15pm <b>Strength</b> Susan   GX	5:30-6:15pm <b>Cycle</b> Dan   CXS				
5:30-6:15pm <b>Cycle Core</b> Julie   CXS	5:45-6:45pm <b>Yoga Flow</b> Grace   CR	5:30-6:15pm <b>Cardio Groove</b> Alaina   GX	5:45-6:45pm <b>Yoga Flow</b> Grace   CR			

<b>GX</b>	<b>Group Ex Studio</b>
<b>CR</b>	<b>Cascade Room</b>
<b>CXS</b>	<b>Cycle Studio</b>

- REGISTRATION**
- 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.

\*SCHEDULE EFFECTIVE 1/10/2022. SCHEDULE SUBJECT TO CHANGE. VIEW MOST ACCURATE CLASS SCHEDULE ON THE STAFFORD HILLS APP.