

# Fitness Class Schedule

Effective: Sept 16, 2025

Monday		
Time	Class	Instructor
6 am	Stages	Sandee
8 am	50/50-Cycle Strength	Val
9 am	Restorative Yoga/Yen	Val
10 am	UpBeat Barre	Michelle
11 am	High Low	Lyndsey
6 pm	Stages	Charity
7:15 pm	Yoga	Christalle

Tuesday		
Time	Class	Instructor
6 am	Stages	Sandee
8 am	Strength Training	Courtne
9 am	High Low	Courtne
10 am	Hatha Yoga Fusion	Stef
7:15 pm	Yoga Flow	Carly

Wednesday		
Time	Class	Instructor
6 am	Stages	Charity
8 am	UpBeat Barre	Michelle
9 am	Yoga Flow	Val
10 am	UpBeat Lift	Lyndsey
6 pm	Stages	Andrea
7:15 pm	Restorative Yoga/Yen	Stef

Thursday		
Time	Class	Instructor
5:30 am	Stages	Sandee
8 am	Strength Training	Val
9 am	UpBeat Barre	Stacie
10 am	High Low	Stacie
11 am	Yoga	Regan
7:15 pm	Power Yoga	Christalle

Friday		
Time	Class	Instructor
6 am	Stages	Charity
7 am	Surge Strength	Michelle
8 am	UpBeat Pilates	Michelle
9 am	High Low	Lisa
10 am	Yoga	Heather

Saturday		
Time	Class	Instructor
8 am	Strength Training	Aapree
9 am	Power Pump	Paula
10 am	Hatha Yoga Fusion	Stef

## Stages Cycling

1. Download the Stages Studio+ App.
2. Click on "Register".
3. Enter in your information.
4. Check your email to verify your email address.
5. Close the app and re-open.
6. Add your location "Draper" to your account.
7. Click "back" to enter the home page.
8. Tap on your initial icon in the top left corner, then the settings wheel to personalize your settings.
9. To book a bike at your location, tap the "In Studio" option on the home page to view your schedule.



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