

SKILLS FITNESS / GROUP FITNESS SCHEDULE STARTS JUNE 4TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	LES MILLS BODYCOMBAT JEN	HIGH BEKAH & LESLIE fitness	GRIT 30 Min. Plyo/Cardio CHANEY/SARA / 30 Min. LES MILLS CXWORX SARA 5:15 a.m.	LES MILLS BODYPUMP SARA/TARA	1,000 CAL. BURN JEN/SUMMER	
6:15am	LES MILLS BODYPUMP 45 Min. TARA/KATHY	AMRAP INSANITY 45 Min. TARA/KATHY	LES MILLS BODYSTEP 45 Min. SUE	LES MILLS BODYATTACK 45 Min. MARCI/SARA	GRIT 30 Min. Strength SUE/CHANEY / YOGA 30 Min. SUE 6:45 am	
7:00 am	1,000 CAL. BURN TARA/KATHY	SENIOR FIT SEASON	SENIOR FIT SEASON		MAT HELINA MOBILITY AREA	GRIT 6:45 am 30 Min. CHANEY & KATHY / LES MILLS BODYSTEP 7:15 am 45 Min. CHANEY/EMILY J.
8:00 am	SENIOR FIT HELINA	LES MILLS BODYPUMP TARA	LES MILLS BODYCOMBAT EMILY J.	YOGA BRYAN	LES MILLS BODYPUMP EMILY J.	8:00 am LES MILLS BODYPUMP BODY PUMP TEAM
9:00 am	LES MILLS BODYATTACK MARCI/SARA	LES MILLS BODYJAM	HIGH EMILY, BEKAH & LESLIE fitness	LES MILLS BODYSTEP AMY/EMILY	HIGH EMILY, BEKAH & LESLIE fitness	9:00 am LES MILLS BODYJAM MARCI/SUE
10:00 am	KIDS CLASS ★ JEN LOUDER		KIDS CLASS ★ JEN LOUDER	CHAIR YOGA BRYAN	YOGA NIKKI	

★ = Paid Classes :For Krav Maga contact Jim 385-775-1453
For Jen Louder Sign up at the front desk

5:30 pm	LES MILLS BODYPUMP KYLE	★ KRAV MAGA JIM SELF DEFENSE		★ KRAV MAGA JIM SELF DEFENSE
6:00 pm			LES MILLS BODYPUMP ASHLEY/EMILY	
6:30 pm	YOGA ALI	MAT PILATES HELINA		BALLET BARRE HELINA
7:30 pm	HIGH JILL & KALLIE fitness	HIGH DANICA & BOBBIE JO fitness	LES MILLS BODYJAM BRINDIE	HIGH JILL & KALLIE fitness

HIIT CLASSES: MON - FRI : 5:30 - 6:15 - 7:15 - 8:00 - 9:15 AM
MON - THUR : 6 PM
SAT : 7:00 & 7:45 AM

CLUB INFO PHONE

801-298-5050

CLUB HOURS 24 Hour System

Monday - Friday 5:00 am - 9 pm

Saturdays - 5:00 am - 7 pm

24 HR Access

Gym is open beyond the regular hours listed via the 24 hr access key fob system