

# SKILLS FITNESS / GROUP FITNESS SCHEDULE STARTS JAN 21ST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	<b>LES MILLS BODYPUMP</b> SARA/TARA	<b>LES MILLS BODYCOMBAT</b> JEN	<b>GRIT</b> 30 Min. CHANEY/SARA / 30 Min. <b>LES MILLS CXWORX</b> 5:15 a.m. / 5:45 a.m. SARA	<b>HIGH</b> BEKAH/ fitness LESLIE	<b>LES MILLS BODYPUMP</b> 45 Min. JEN/KATHY	
6:15 am	<b>LES MILLS BODYATTACK</b> SARA/MARCI	<b>POWERTONE</b> KATHY	<b>LES MILLS BODYSTEP</b> SUE	<b>LM REMIX</b> SUMMER/KATHY	6:00 am <b>GRIT</b> 30 Min. CHANEY/SUE	
8:00 am	<b>SENIORS SILVER SNEAKERS</b> HELINA		<b>SENIOR FIT</b> SEASON	<b>YOGA</b> BRYAN	6:30 am <b>barre</b> STRETCH HELINA/SUE	7:30 am <b>LES MILLS BODYPUMP</b> KATHY/ASH/EMILY
9:00 am	<b>LES MILLS BODYSTEP</b> AMY	<b>LES MILLS BODYPUMP</b> 45 Min. TARA/KATHY	<b>LES MILLS BODYCOMBAT</b> SUMMER	<b>LES MILLS BODYATTACK</b> SARA/MARCI	<b>HIGH</b> 9:15 am fitness EMILY & BEKAH	8:30 am <b>barre</b> ALI/JENNY
10:00 am	<b>LES MILLS BODYPUMP</b> / <b>LES MILLS CXWORX</b> SARAH	<b>barre</b> 10:15-11:00 a.m. 9:45-10:15 a.m. SUE / <b>LES MILLS BODYJAM</b> SUE/MARCI	<b>HIGH</b> EMILY, fitness BEKAH & LESLIE	<b>STRENGTH/STRETCH/CORE</b> ROBIN		9:00 am <b>LES MILLS BODYJAM</b> SUE/MARCI
11:00 am		<b>SENIOR FIT</b> SEASON		<b>SILVER SNEAKERS CHAIR</b> <b>YOGA</b> BRYAN		
<h2>CLUB INFO</h2>						
5:30 pm	<b>LES MILLS BODYPUMP</b> KYLE	<b>KRAV MAGA</b> ★ JIM SELF DEFENSE	<b>LES MILLS BODYPUMP</b> ASHLEY/EMILY	<b>KRAV MAGA</b> ★ JIM SELF DEFENSE	Monday - Thurs 5:00 am - 8 pm	
6:30 pm	<b>barre</b> STRETCH ALI	<b>MAT PILATES</b> HELINA	<b>YOGA</b> ALI	<b>barre</b> STRETCH HELINA/JENNY	Friday - 6:00 am - 6 pm	
7:30 pm	<b>HIGH</b> KALLI & fitness JILL	<b>HIGH</b> KALLI/ fitness BEKAH/ MADI		<b>HIGH</b> KALLI/ fitness JILL	Saturday - 6:00 am - 12 pm	

**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

★ = Paid Classes : For Krav Maga contact Jim 385-775-1453

**CLUB HOURS** / **PHONE**  
 24 Hour System / 801-298-5050

Monday - Thurs 5:00 am - 8 pm  
 Friday - 6:00 am - 6 pm  
 Saturday - 6:00 am - 12 pm  
 24 HR Access  
 Gym is open beyond the regular hours  
 listed via the 24 hr access key fob system