

MONDAY

6AM BODYPUMP SARA/TARA
7AM BODYATTACK SARA/MARCI
8AM SENIORS SILVER SNEAKERS
HELINA
9AM BODYSTEP AMY
5:30PM BODY PUMP KYLE
7:30PM HIGH KALLI/JILL

TUESDAY

6AM BODYCOMBAT JEN
6AM SPIN BOB
7AM BODYPUMP TARA/KATHYT
8AM BODYJAM SUE/MARCI
9AM BARRE SUE
10AM SENIORS SEASON
6:30PM MAT PILATES
HELINA
7:30PM HIGH MADI/DERICA

WEDNESDAY

6AM GRIT CHANEY/SARA
6:30AM CXWORX SARA
7AM BODYSTEP SUE/CHANEY
8AM SENIOR FIT SEASON
9AM BODYCOMBAT SARAH R.
10AM HIGH EMILY/BEKAH/LESLIE

THURSDAY

6AM HIGH BEKAH/ALISHA
6AM SPIN BOB
7AM HIIT CAMP KATHY
7:30AM STRETCH/CORE
ROBIN 1 HOUR
8:30AM BODYATTACK
SARA/MARCI
9:30AM YOGA BRYAN
10:30AM SILVER SNEAKERS
CHAIR BRYAN
6:30PM BARRE/PILATES
HELINA/JENNY
7:30PM HIGH KALLI/JILL

FRIDAY

6AM GRIT CHANEY/SUE
6:30AM PILATES
HELINA 1 HOUR
7:30AM BODYPUMP JEN
8AM SPIN TARA
9AM HIGH EMILY/BEKAH

SATURDAY

7:30AM BODYPUMP STAFF
8:30AM BARRE ALI/JENNY
9:00AM BODY JAM SUE/MARCI

CLASSES OFFERED



HIGH
fitness

YOGA

**MAT
PILATES**

**SILVER
SNEAKERS**

SPIN

MON-THURS 5AM-8PM

FRI-6AM-6PM

SAT-6AM-12PM

24HR ACCESS

GYM IS OPEN BEYOND THE REGULAR
HOURS LISTED VIA KEY FOB SYSTEM

PHONE:
801-298-5050

CLUB INFO:

24
HR
ACCESS