

MONDAY

5:15AM BODYPUMP SARA/JEN
6:00AM HIGH TEAM
8AM SENIORS SILVER SNEAKERS
HELINA
9AM POWERTONE & CORE EMILY J.
5:30PM BODY PUMP KYLE
7:30PM HIGH COURTNEY/KALLI
/MCKENNA

TUESDAY

5:15AM CARDIO CIRCUIT JEN
6:00AM BOOTY BURN & TONE
TARA/KATHY
6AM SPIN BOB
9AM BODYSTEP JENI
10AMBODYJAM SUE/MARCI
11AM SENIORS SEASON
6:30-8:00PM CORE/MOBILITY
& HANDSTANDS HELINA
8:00PM HIGH DERICA/MCKENNA

WEDNESDAY

5:15AM GRIT CARDIO/ATHLETIC
CHANNEY/SARA
6:00AM STRETCH ROBIN
8AM SENIOR FIT SEASON
9:00AM FULL BODY STRENGTH TARA
10AM HIGH JILL/KALLI
6:30PM YOGA ALI

THURSDAY

5:30AM CX CORE KATHY
6:00AM BOOTCAMP SUE
6AM SPIN BOB
8AM YOGA BRYAN
9AM BODYATTACK SARA/MARCI
10:00AM STRETCH/CORE ROBIN
11:00AM SILVER SNEAKERS
CHAIR BRYAN
6:30PM PILATES HELINA
7:30PM HIGH JILL/KALLI

FRIDAY

5:15AM FULLBODY STRENGTH TARA
6AM BODYSTEP SUE/JENI
9AM SPIN TARA
9AM HIGH EMILY/BEKAH

SATURDAY

7:00AM SPIN BOB
7:30AM BODYPUMP TEAM
8:30AM GRIT TEAM
9:00AM BODYJAM MARCI/SUE

CLASSES OFFERED



HIGH
fitness

YOGA

**MAT
PILATES**

**SILVER
SNEAKERS**

SPIN

MON-THURS 5AM-1PM & 4PM-8PM
FRI-5AM-11AM
SAT-7AM-11AM
24HR ACCESS
GYM IS OPEN BEYOND THE REGULAR
HOURS LISTED VIA KEY FOB SYSTEM

PHONE:
801-298-5050

CLUB INFO:

24
HR
ACCESS