

MONDAY

5:15AM BODYPUMP SARA/JEN
6:15AM BODYATTACK SARA/MARCI
8AM SENIORS SILVER SNEAKERS
HELINA
9AM BODYSTEP AMY
10:00AM HIGH KALLI/JILL/BEKAH
5:30PM BODY PUMP KYLE
6:30PM YOGA ALI

TUESDAY

5:15AM BODYCOMBAT JEN
6:15AM TABATAS LIFT/CX KATHY
6AM SPIN BOB
9AM BODYPUMP TARA
10AM BODYJAM SUE/MARCI
11AM SENIORS SEASON
6:30PM MAT PILATES
HELINA
7:30PM HIGH DERICA/MCKENNA

WEDNESDAY

5:15AM GRIT CHANEY/SARA
5:45AM CXWORX SARA
6:15AM BODYSTEP SUE
8AM SENIOR FIT SEASON
8AM SPIN TARA
9AM HIGH JILL/KALLI

THURSDAY

5:15AM HIGH BEKAH/ALISHA
6:15AM BODYPUMP KATHY
6AM SPIN BOB
8AM YOGA BRYAN
9AM BODYATTACK SARA/MARCI
10:00AM STRETCH/CORE ROBIN
11:00AM SILVER SNEAKERS
CHAIR BRYAN
6:30PM BARRE/PILATES
HELINA/JENNY

FRIDAY

5:15AM 45MIN BODYPUMP TARA
6AM GRIT CHANEY/SUE
6:30AM PILATES HELINA
9AM 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