

CARDIO AND STRENGTH CLASSES

Core Combo Conditioning: Develop core strength and muscle balance through dynamic and static movements that target the body's center of power that starts just below your shoulders and ends just below your hips. You will work to gain strength in the muscles that control your trunk and spine while improving balance, agility, and flexibility. These classes will use stability balls and other props to engage, strengthen, and stretch the core.

Cycling: Cardio workout geared for all fitness levels. Water bottle and hand towel highly recommended. Class is closed five-minutes into start time.

Muscle Works: This class focuses on all major muscle groups. Come in for 45 minutes and blend total body strength training with short cardio intervals, balance, and flexibility exercises. We use fitballs, free weights, and other fitness equipment. All fitness levels welcome.



CLASS	DAY	TIME	INSTRUCTOR
CYCLE	MONDAY	6:00-7:00AM	JEN
CYCLE	MONDAY	6:00-7:00PM	MIGUEL
MUSCLE WORKS	MONDAY	8:30-9:15AM	KATHY
CYCLE	TUESDAY	6:00-7:00AM	KIT
CYCLE	WEDNESDAY	6:00-7:00AM	JEN
MUSCLE WORKS	WEDNESDAY	8:30-9:15AM	KATHY
CYCLE	WEDNESDAY	6:00-6:50PM	MIGUEL
CORE CONDITION	WEDNESDAY	7:00-7:50PM	MIGUEL
CYCLE	THURSDAY	6:00-7:00AM	JEANNIE
CYCLE	FRIDAY	6:00-7:00AM	KIT
MUSCLE WORKS	FRIDAY	8:30-9:15AM	KATHY
CYCLE	SATURDAY	7:00-8:00AM	JEANNIE



Sports Complex

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For inclusion opportunities for people with disabilities, contact Ashley at 385-468-1520 or abowen@slco.org.