



SENIORS FITNESS CLASSES

Seniors Yoga: A gentler class emphasizing alignment and technique.

Sturdy Seniors: Strength and endurance is the spotlight of this class. Geared towards seniors, but everyone is welcome. A combo of cardio, light weights, dynabands, and fit balls. Focuses on flexibility and functional fitness.

CLASS	DAY	TIME	INSTRUCTOR
STURDY SENIORS	MONDAY	10:00-11:00AM	KATHY
SENIORS YOGA	MONDAY	11:45-1:00PM	ADAM
SENIORS YOGA	WEDNESDAY	11:45-1:00PM	ADAM
STURDY SENIORS	FRIDAY	12:00-1:00PM	KAT/Alternating

Sports Complex

645 South Guardsman Way (1580 East)

SLC UT 84108

385-468-1925



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