

# Millcreek Community Center

## Fitness Classes\*

Effective June 1, 2017

2266 Evergreen Avenue • Salt Lake City • Utah • (385)-468-1380

[www.slco.org/millcreek-rec](http://www.slco.org/millcreek-rec)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Cycle -Sarah-	Sports Conditioning -Barb-	Cycle -Barb-	Sports Conditioning -Barb-	Cycle -Sarah-	
8:00 AM	Muscle Circuits -Barb-	Sports Conditioning -Barb-	Zumba -Maysa-	Yoga -Maysa-	Cycle -Barb-	Zumba -Elizabeth-
9:00 AM	Zumba -Maysa-		Fit & Strong -Jennifer-		45 min Yoga/Pilates Fusion (9:00) <hr/> 45 min Bosu Balance (9:45) -Barb-	Spin Cycle Double - Plus -Jennifer-
10:00AM	Fit & Strong - Step -Jennifer-	Spin Cycle Plus -Jennifer-	Pilates -Jennifer-	Spin Cycle Plus -Jennifer-	Strong & Serene -Jennifer-	
11:00 AM		Active Aging Yoga (11:15) -Adam-		Active Aging Yoga (11:15) -Adam-	Yoga -Shelly-	
6:30 PM	Step Sculpt -Elizabeth-	Zumba -Elizabeth-		Zumba -Maysa-		
7:00 PM			Pilates -Elle-			
7:30 PM		Yoga -Maysa-				

\*This schedule only shows Group Fitness Classes and is not a comprehensive room schedule. For inquiries regarding other room use or to schedule a rental, please contact Ben Larsen [bjlarsen@slco.org](mailto:bjlarsen@slco.org)  
Classes are subject to change. All of our instructors are trained and certified.

Adult Daily Fee: \$6  
Adult Monthly Pass: \$34  
Adult Annual Millcreek Center Pass: \$220  
Adult Annual All County Pass: \$350

Senior Daily: \$4  
Senior Monthly Pass: \$21  
Senior Annual Millcreek Center Pass: \$130  
Senior Annual All County Pass: \$150



For inclusion opportunities for people with disabilities contact Ashley at 385-468-1520 or [abowen@slco.org](mailto:abowen@slco.org)