

Millcreek Community Center

Fitness Classes*

Effective January 8, 2018

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

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	Yoga -Maysa-	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						
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
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