

SLC SPORTS COMPLEX

Group Fitness and Class Schedule

*Denotes class that is not included with membership.

Additional fee is required* (pay at the front desk)

Last Updated 03/14/2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle - Jen 6:00 - 7:00 AM	Cycle - Kit 6:00 - 7:00 AM	Cycle - Jen 5:30 - 7:00 AM	Cycle - Jeannie 6:00 - 7:00 AM	Cycle - Kit 6:00-7:00 AM	Yoga (Downstairs) Miguel 6:00-7:00 AM	
6:30 AM							
7:00 AM	Muscle Works - Kathy 7:05 - 7:50 AM		Muscle Works - Kathy 7:05 - 7:50 AM		Muscle Works - Kathy 7:05 - 7:50 AM	Cycle - Alt. 7:00 - 8:00 AM	
7:30 AM							
8:00 AM	Pilates - Kathy 7:55 - 8:25 AM	Zumba - Gail 8:00 - 9:00 AM	Pilates - Kathy 7:55 - 8:25 AM		Pilates - Kathy 7:55 - 8:25 AM	Zumba- Maysa 8:10 - 9:00 AM	
8:30 AM	Muscle Works - Kathy 8:30 - 9:15 AM		Muscle Works - Kathy 8:30 - 9:15 AM		Muscle Works - Kathy 8:30 - 9:15 AM		
9:00 AM							
9:30 AM	Pilates - Kathy 9:20 - 9:50 AM	Yoga - Susanne 9:30 - 11:00 AM	Pilates - Kathy 9:20 - 9:50 AM	*Artistic Endeavors Dance 9:15 - 12:00 PM	Pilates - Kathy 9:20 - 9:50 AM	*Off Ice For Skaters Lisa Kriley 9:15 - 11:15 AM	
10:00 AM	Sturdy Seniors - Kathy 10:00 - 11:00 AM		Strength & Yoga Miguel 10:00 - 11:30 AM		Yoga - Susanne 10:00 - 11:30 AM		
10:30 AM							Yoga - Susanne 10:15-11:45 AM
11:00 AM							
11:30 AM	Active Aging Yoga - Adam 11:45 - 1:00 PM		Active Aging Yoga - Adam 11:45 - 1:00 PM				
12:00 PM		*Mt. States Karate 12:00 - 2:30PM		*Mt. States Karate 12:00 - 1:30 PM	Sturdy Seniors 12:00 - 1:00 PM	*Mt. States Karate 12:00 - 2:30 PM	
12:30 PM							
1:00 PM							
1:30 PM	*Artistic Endeavors Dance 1:15 - 3:00 PM				*Artistic Endeavors Dance 1:45 - 4:45 PM		
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM						*Aikido 3:30 - 5:30 PM	*Aikido 3:15 - 5:00 PM
4:00 PM	Injury Prevention & Foam Rolling - Sara 4:00 - 5:00 PM						
4:30 PM							
5:00 PM		Pilates - Sub. 5:00-6:00 PM		Zumba - Gail 5:00 - 5:50 PM	*Karate - Scott Curry 5:30 - 6:30 PM		
5:30 PM							
6:00 PM	Cycle - Miguel 6:00 - 7:00 PM		Cycle - Miguel 6:00 - 6:50 PM	Core Yoga - Miguel 6:00 - 6:50 PM			
6:30 PM		*Aikido 6:30 - 9:00 PM			*Aikido 6:30 - 9:00 PM		
7:00 PM	Yoga - Susanne 7:00 - 8:30 PM		Core Training- Miguel 7:00 - 7:50 PM	Pilates - Elle 7:00 - 8:00 PM			