

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)

	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 - 2:30 PM		*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				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				

Group Fitness Class Descriptions

These group fitness classes below are included in your Salt Lake County facility membership. Please scan your card at the desk for admission. Classes are designed for those ages 16 and older.

Active Aging Yoga: A gentler class emphasizing alignment and technique.

Foam Rolling and Injury Prevention: This is a great class to help the body before and after a workout to prevent injury and promotes full body wellness.

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 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.

Pilates: Based on the workout of Joseph Pilates, this class improves flexibility and strength through core training. Focus includes concentration, control, breathing, and balance. Designed for all fitness levels.

Strength and Yoga: Come for 45 minutes of core fusion and light weights for strength and 45 minutes of deep stretching and Yoga.

Sturdy and Supple Seniors: Strength and endurance is the spotlight of this class. Geared for seniors, but everyone is welcome. A combo of cardio, light weights, Dynabands, and Fitballs. Flexibility and functional fitness is the focus.

Yoga: Our instructors use traditional and some non-traditional yoga poses to work the entire body. Yoga is for all fitness levels. There are modifications to suit the beginner or challenge the experienced. Classes end in a relaxation phase designed to leave you with a sense of peace and well-being.

Zumba: Latin inspired dance fitness class based on interval training. Check out what all the buzz is about.



SLC Sports Complex

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www.recreation.slco.org/slcsports

