

FITNESS SCHEDULE 2019

Contact us



615 South 300 East
Salt Lake City, UT 84111
Phone: (385) 468-1550
Fax: (385) 468-1560
Website: slco.org/central-city/

MONDAY

9:00 AM
Gentle Yoga
w/Susan
Studio Rm

TUESDAY

5:00 PM
BOLLY X
w/Masuda
Gym

6:00 PM
Yoga
W/Masuda
Studio Rm

WEDNESDAY

6:00 PM
BOLLY X
w/Masuda
Gym

THURSDAY

9:30 AM
PILATES (All levels)
w/Elle
Studio Rm

FRIDAY

7:40 AM
SUNRISE Yoga
w/Susan
Studio Rm

6:00 PM
Yoga
W/Masuda
Studio

SATURDAY

10:15 AM
ZUMBA
w/Lori or
Masuda
Gym

6:00 PM
TRX
w/Masuda
Gym

7:15 PM
Belly Dancing
w/Shah
Studio Rm

8:00 PM
Fitness
Fundamentals
Carlos
(Fitness Room)

7:00 PM
Zumba
w/Addy
Gym

\$22/Month or \$4/Day

Includes the Fitness Room, Gym, Locker Room and Fitness Classes.