

Group Fitness Schedule

Central City Recreation Center

615 E 300 S Salt Lake City , UT 385-468-1550

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:00am Yoga Susan		8:00am Yoga Susan	
					11:00am Zumba Julieta
					12:00pm Yoga Julieta
5:30pm Zumba Dave			5:30pm Zumba Dave		
	7:00pm High Fitness Paige				

Class Name	Class Description
High Fitness	Interval training that produces a high caloric burn and full-body toning through its carefully formulated choreography. Alternates between intense cardio peaks and toning.
Yoga	Challenge your muscles through the power of movement. Develop greater flexibility in a peaceful setting
Zumba	Latin-inspired dance fitness class based on interval training. Ditch the workout; join the party, and burn 600+ calories per hour.

Daily pass \$4.00

Class dates and times are subject to change without notice.



Open Recreation hours:

Youth 6-17 yrs old

Monday-Wednesday
5:00-7:30pm

Drop off your child while you enjoy one of our fitness classes or the fitness room.
Cost: .50/per day