

2022 AEROBIC SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM						
9:30 AM				Facebook Live Rock Bottoms Tight tum (Pam)	<p style="text-align: center;"><u>Building Hours</u></p> <p>Mon.– Fri: 6am - 8pm</p> <p>Sat: 8 am - 4 pm</p> <p>Sunday: 9 am - 1pm</p> <p>Phone: 385-468-1515</p> <p>All prices & hours subject to change.</p>	
11:00 am				Facebook Live Adaptive Fitness Class (TyAnne)		
6:00 PM			TRX (Dondea)			
8:15 PM		Facebook Live Yoga (Pam)				

TRX: TRX is the creator of the TRX Suspension Trainer and the TRX Rip Trainer. Both innovative exercise tools help you build lean muscle, boost your metabolism, tighten your core and increase endurance

Restorative Yoga: The class focuses on proper breathing, spinal stability, and mobility in all planes of motion. It incorporates a variety of therapies such as Yin yoga, fascial stretches, and muscular and fascial release. A variety of props are used to relax and rehydrate the tissue and prevent pain and dysfunction from happening in the first place. This class is great for all ages and fitness levels.



For inclusion opportunities for people with disabilities,
contact 385-468-1520 or InclusionRec@slco.org.

Updated 4/1/2022

COPPERVIEW RECREATION CENTER



CENTER-SPECIFIC RATES

	Daily	30-Day	Annual	Easy Pay
Youth 3 - 17	\$2	\$12	\$76	\$8 (\$96)
Adult 18 - 61	\$4	\$22	\$145	\$15 (\$180)
Family (First 2 members)*	---	\$35	\$225	\$23 (\$276)
Additional Family Member <small>(per person)</small>	---	\$6	\$20	\$2 (\$24)
Senior 62 - 79	\$3	\$20	\$125	\$13 (\$156)
Senior Family of 2	---	\$31	\$195	\$20 (\$240)
Plus One	\$3	\$20	\$125	\$13 (\$156)
Plus One Family <small>(First 2 members)</small>	---	\$31	\$190	\$18 (\$216)
Plus One Family Member <small>(per person)</small>	---	\$6	\$20	\$2 (\$24)



ALL-COUNTY RATES

	30-Day	Annual	Easy Pay
	\$22	\$135	\$14 (\$168)
	\$55	\$350	\$36 (\$432)
	\$88	\$560	\$58 (\$696)
	\$15	\$50	\$5 (\$60)
	\$24	\$150	\$16 (\$192)
	\$38	\$240	\$25 (\$300)
	\$20	\$135	\$14 (\$168)
	\$31	\$190	\$18 (\$216)
	\$11	\$25	\$2 (\$24)



CENTER-SPECIFIC RATES - Allows unlimited access to one facility and all amenities, including unlimited group fitness classes.



* **FAMILY DEFINITION** - For purposes of qualifying for the Family Rate, a Family is defined as no more than two (2) cohabitating adults and any cohabitating children under the age of 22 who are claimed as dependents by at least one of the cohabitating adults for tax purposes. Children of the cohabitating adults who are under the age of 26 and who are full-time students with current proof of enrollment also qualify to participate in a Family Pass.
(See chart above for specific rates based on number of people in family.)



Children 2 and under, as well as Super Seniors (80+) are free.

** Situations not explicitly stated in the above pass clarifications may be considered.



ALL-COUNTY RATES - Includes access to all SLCO recreation centers, outdoor pools and ice centers.



** **PLUS ONE** - A pass for Salt Lake County residents with a permanent disability providing entrance of one assistant for free to Salt Lake County Parks & Recreation facilities when accompanied by the pass holder. **PLUS ONE FAMILY** - Pass holders may use their pass separately and at any time.



Easy Pay is an annual commitment paid monthly. (See contract for details)



20-Punch Passes available for adults, youth and seniors. \$1 discount per visit. Available for one center only. One-year expiration.



For inclusion opportunities for people with disabilities, contact Ashley: 385-468-1520/abowen@slco.org.