



# Draper Recreation Center Group Fitness Schedule

\*\* Classes are subject to change without notice!!

TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT. TIME	SATURDAY
6:00 AM	Stages/Cycling Fitness Studio Santee M		Stages/Cycling Fitness Studio Santee M		Stages/Cycling Fitness Studio Charity P		Stages/Cycling Fitness Studio Santee M		Stages/Cycling Fitness Studio Charity P			
7:00 AM											7:00 AM	Stages/Cycling Fitness Studio Tyanne C
8:00 AM	Circuit Fitness Studio Val J				Barre Fitness Studio Michelle O.						8:00 AM	Pump Fitness Studio Wendy H
9:00 AM	Cycling Fitness Studio Val J		Barre Fitness Studio Stephanie H		Yoga Fitness Studio Val J		Barre Fitness Studio Staci A		High Low Fitness Studio Courtne C		9:00 AM	Zumba Fitness Studio Angela O
10:00 AM	Pump Fitness Studio Erin B		Yoga Fitness Studio Val J		Pump Fitness Studio Erin B		High Low Fitness Studio Staci A				10:00 AM	Yoga Fitness Studio Tara T
11:00 AM			Low Impact Cardio & Strength Fitness Studio Val J				Low Impact Cardio & Strength Fitness Studio Val J					
Noon											<b>STAGES CYCLING</b>  1. Go to stagesflight.com 2. Click "Get Started" 3. Fill in your information 4. Add location ID (sT900) to LOCATIONS under SETTINGS under your name 5. Click "Dashboard" 6. Click "Booking" 7. Click "Book Class" and book class you want to attend	
3:00 PM												
4:00 PM												
5:00 PM		DRAPER CITY		ADULT LEAGUES		DRAPER CITY		YOUTH DANCE		ADULT LEAGUES	YOUTH KARATE	
6:00 PM	Yoga Fitness Studio Tessa Y		High Low Fitness Studio Stephanie R		Stages/Cycling Fitness Studio Charity P							
7:00 PM	Muscle Mix HIIT Fitness Studio Aapree R		Zumba Fitness Studio Brittney J		Pump Fitness Studio Wendy H							
8:00 PM	Stages/Cycling Fitness Studio Charity P				Yoga Fitness Studio Wendy H							
	<b>Holiday Hours</b>		<b>14/15 Year Old Certification</b>					<b>Personal Training</b>				
	Check with the front desk or online for our holiday hours.		Every 2nd Saturday of the month. 14/15 year olds are required to take this 1 hour certification in order to work out at the facility. This class is FREE! Check with the front desk to register.					Get in shape fast with personal help from a certified personal trainer. Prices and workout plans vary, the see front desk for more information.				

## FITNESS 101

**Every 1st Wednesday of the month**  
New to the facility? New to working out? Join us for an orientation that will introduce you to the machines and fitness area. FREE for members! Register at the front desk.