

Draper Recreation Center Group Fitness Schedule - Fall 2022

** 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 M
8:00 AM	Cycle Fusion Fitness Studio Val J				Barre Fitness Studio Michelle O						8:00 AM	RIPPED Fitness Studio Aapree R
9:00 AM	Restorative Yoga Fitness Studio Val J		High Low Fitness Studio Stephanie R		Yoga Flow Fitness Studio Val J		Barre Fitness Studio Staci A		High Low Fitness Studio Courtne C		9:00 AM	Zumba Fitness Studio Angela O/Jenny L
10:00 AM	Barre Fitness Studio Michelle O		Yoga 101 Fitness Studio Val J		Kickboxing Strength Fitness Studio Aapree R		High Low Fitness Studio Staci A		Yoga Fitness Studio Susan T		10:00 AM	Yoga Fitness Studio Tara Lynn T
11:00 AM			Cardio/Strength Intervals 101 Fitness Studio Val J				Cardio/Strength Intervals 101 Fitness Studio Val J					
Noon											STAGES CYCLING	
3:00 PM											<ol style="list-style-type: none"> 1. Download the Stages Studio+ App. 2. Click on "Register". 3. Enter in your information. 4. Check your email to verify your email address. 5. Close the app and re-open. 6. Add your location "Draper" to your account. 7. Click "back" to enter the home page. 8. Tap on your initial icon in the top left corner, then the settings wheel to personalize your settings. 9. To book a bike at your location, tap the "In Studio" option on the home page to view your schedule. 	
4:00 PM												
5:00 PM												
6:00 PM	Yoga Fitness Studio Tessa Y		LaBlast® Fitness Studio Suzanne G		Stages/Cycling Fitness Studio Charity P							
7:00 PM	Stages/Cycling Fitness Studio Charity P		Zumba Fitness Studio Brittney J		High Low Fitness Studio Yvonne F		POP Pilates Fitness Studio Brittney J				FITNESS 101	
8:00 PM	High Low (Sept 19) Fitness Studio Lisa G		Barre Fitness Fitness Studio Brittney J		Yoga Fitness Studio Analee D		Self Defense Monthly				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.	
Holiday Hours			14/15 Year Old Certification				Personal Training					
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.					