

# Group Fitness Schedule – Land & Water Aerobics

Holladay-Lions Fitness & Recreation Center  
1661 E. Murray-Holladay Road, (385) 468-1700

Sunday					10am	11:15am			
					Yoga Elizabeth	BollyX Linda			
Monday		8am	9am		10:30am		5:30pm	6:30pm	6:30pm
		Zumba Michelle	Get Fit Angie		Active Aging Yoga Amber		Strength & Conditioning Tara	Cardo Dance Brittney	Barre Tonja (Small)
Tuesday	6:15am	8am	9am				5:30pm	6:30pm	6:30-8pm
	EXPRESS Pumped up [45 m] Anna	Muscle Up Tonja	Yoga Tonja (Small)				Strength & Conditioning Michelle	LaBlast Suzanne	Barre [90 min] Tonja (Small)
Wednesday		8am	9am		10:30am	1pm	5:30pm	6:30pm	6:30pm
		Cardio Core Jaque	High Low Brittney H.		Yoga Maysa	Active Aging Yoga Amber	Strength & Conditioning Tara	Zumba Maysa	Gentle Yoga Rolf (Small)
Thursday	6:15am	8am	9am	9am	10:30am		5:30pm	6:30pm	
	EXPRESS WERQ [45 min] Anna	Total Body Strength & Conditioning Barb	Cycle & Tone Shannon	Barre Angie (Small)	Yin Yoga Sara		Strength & Conditioning Michelle	BollyX Linda	
Friday		8am	9am		10am	<p align="center"><b>Drop in Day Care</b></p> <p>Monday - Thursday      7:30 am - 11:30 am</p> <p>Monday - Thursday      5:30 pm - 7:30 Pm</p> <p>Saturday                    8:00 am - 11:00 am</p> <p>Fee:                         \$3 per hour. Two hours max</p> <p>Ages:                        8 wks to 9 yrs</p>			
		HIIT Angie	Zumba Maysa		Yoga Maysa				
Saturday		8am	8am	9am	10am				
		Barre Tonja (Small)	Muscle Tara	Zumba Maysa	Pop Pilates Brittney				

(printed 1/11)

Land Classes: 55 min / Water Classes: 1hr (unless otherwise noted)

## Water Aerobics

Monday (no classes)	<b>**Pool temporarily closed Mondays 5:30am - 3pm**</b>			
Tuesday	8:30am	9:45am		7pm
	Arthritis Shirley	Arthritis Shirley		Water Aerobics Janet
Wednesday (no classes)	<b>**Pool temporarily closed Wednesdays 5:30am - 3pm**</b>			
Thursday	8:30am	9:45am		7pm
	Arthritis Shirley	Arthritis Shirley		Water Aerobics Janet
Friday (no classes)	<b>**Pool temporarily closed Fridays 5:30am - 3pm**</b>			<b>**Temporary Pool Hours:**</b> Closed M/W/F 5:30am - 3pm Now Hiring for Morning and Afternoon Lifeguards!
Saturday	8:30am	10am		
	Water Aerobics Janet	Arthritis Janet		