

SLCSPORTS COMPLEX Group Fitness and Class Schedule

* (Does not include membership.)

Additional fee is required* (pay at the front desk)

Last Updated 3/23/2022

March 2022 to August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle - Jen 6:00 - 6:45 AM		Cycle – Jen and Kit 6:00-7:00 AM	Cycle – Jeannie 6:00-7:00 AM			
6:30 AM							
7:00 AM						Cycle - Alt. 7:00 - 8:00 AM	
7:30 AM							
8:00 AM							
8:30 AM		Zumba - Gall 8:30- 9:30AM	Muscle Works -Sara 8:30-9:15AM				
9:00 AM							
9:30 AM			Pilates –Sara 9:20-9:50	*Artistic Endeavors 9:30 - 11:15 AM		*Aikido 9:00 - 11:00 AM	
10:00 AM		Yoga - Susanne 10:00- 11:15 AM	STURDY SENIORS Sara 10:00-11:00 AM		Yoga - Susanne 10:00-11:15 AM		
10:30 AM							
11:00 AM	Active Aging Yoga - Adam 11:15 - 12:45 PM		Active Aging Yoga - Adam 11:15 - 12:45 PM				
11:30 AM							STURDY SEN- IORS Emily 11:30-12:30 PM
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM					*Artistic Endeavors 2:30-4:15		
3:30 PM		*Artistic Endeavors 3:45-7:30PM	*Paradigm Lift 3:30-5:15 PM				
4:00 PM							
4:30 PM							
5:00 PM				ASPIRE OFF ICE 5:15-6:00 PM	Zumba - Gall 5:15 - 6:15PM		
5:30 PM							
6:00 PM	Cycle - Miguel 6:00 - 7:00 PM		Cycle - Miguel 6:15 - 7:05 PM	Core and Yoga with Miguel 6:15-7:00 PM			
6:30 PM							
7:00 PM	*Aikido 7:00 - 9:00 PM			*Aikido 7:00 - 9:00 PM			
8:00 PM							