



Taylorsville Recreation Group Fitness Classes

4948 South 2700 West, Taylorsville - 385-468-1732

Summer 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes				Yoga 6:40AM (Linda)	Spin 'N Stretch 7:30 am (Deborah)	Cycling *7:15am* (Charity/Sandee)
						TRX *8:15am* (Charity/Sandee)
5:30 PM	Cycling (Charity)					
Evening Classes	TRX (Charity) 6:30PM	Yoga (Linda) 7:00 PM		Yoga (Ana) 7:00 PM		

Reservations Required!

Reserve online slco.org/taylorsville-rec/

Please Check in with Front Desk for Class Location.

PLEASE FOLLOW SOCIAL DISTANCING GUIDELINES

We suggest participants bring their own mat, towel, &/or yoga straps.

All classes last 50 minutes.

Group Fitness Class Descriptions

Cycling: Classes alternate High Gear, Hills & Climbing, and Intervals so that each class you get a different workout.

TRX: A form of **suspension training** that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the **TRX Suspension Trainer**, a performance **training** tool that leverages gravity and the user's body weight to complete the exercises.

Spin 'N Stretch: Warm up the muscles with a challenging cycling workout; then relax on the mat with a series of deep stretches.

YOGA: A combination of deep breathing and stretching, yoga will not only help release tension and stress; but it also helps build tone, improve balance, and prevent injuries.