

South Jordan Fitness & Aquatic Center

10866 S Redwood Rd, South Jordan

385-468-1630

<https://slco.org/south-jordan-fitness-aquatic/>

Group Fitness Schedule

Effective October 2022

** Classes are subject to change without notice**



TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room
5:30AM	Muscle Max Sarah	Full Body Circuit Lisa	Step Sarah	Barre Vivian	Muscle Max Lisa	Cycle Emily	Cardio Shock Sarah		30/30 Sarah	Cycle Sandee		
6:30AM	Surge Fit Rochelle		High Fitness Courtney		High Fitness Samantha				High Fitness Jana			
7:00AM		Cycle Emily					Zumba Sheila	Cycle Sculpt Danielle			Step Sarah	
8:00AM	Pilates Pam		Barre Strength & Tone Shal	Stretch Pam	Aerobics for Seniors Rochelle	Athletic Challenge Marilee	Barre Strength & Tone Shal	Stretch Amber			TRX Emily	Muscle Max Sarah
9:00AM	TRX Pam	SS Circuit Marilee	Core/Bosu Shal	Circuit Pam	Surge Fit Rochelle	SS Circuit Marilee	TRX Shal		High Fitness Shannon/Courtney	SS Circuit Marilee	Zumba Kimberly	
10:00AM	Zumba Kimberly	SS Yoga Marilee			Zumba Kimberly	SS Yoga Marilee		Cycle Shal	Surge Strength Shannon (10-10:30)	SS Yoga Marilee	Group Fitness Classes are for participants 16 and older. Or, 14-15 year olds may attend if they have completed the certification class.	
11:00AM				SS Classic Marilee				SS Classic Marilee				
12:00PM			TRX Marilee			Kickboxing Jill	Muscle Max Marilee		Zumba Jill			
5:00PM					Up Barre McElle (5:30-6:15pm)			Teens and Tweens Chase			GET READY TO SWEAT!	
6:00PM		Cardio Strength Interval Laurene		*HIIT Alle	High Fitness McElle (6:15-7pm)	Step Laurene		*Rock Bottoms & Tight Tums Pam				
7PM	Zumba Kimberly					Strength & Tone Alle		Restorative Yoga Pam				
7:30PM			LaBlast Suzanne									
8:00PM												

*Classes will be 50 minutes so equipment can be sanitized prior to the next class.

All class changes have been made per instructor request. Thank you for your patience as we make these changes. Enjoy class!