






















# SKILLS FITNESS / GROUP FITNESS SCHEDULE

## DECEMBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	 <b>BODYPUMP</b> SARA/TARA	 <b>BODYCOMBAT</b> JEN L.	<b>GRIT</b> 30 Min. / <b>LES MILLS CXWORX</b> 30 Min. Plyo CHANEY/SARA / SARA 5:15 a.m.	 <b>HIGH</b> BEKAH fitness	 <b>BODYPUMP</b> SARA/TARA	
6:15am	 <b>BODYATTACK</b> MARCI	<b>LES MILLS CXWORX</b> / <b>GRIT</b> 6:15 a.m. / Strength SARA/TARA / SARA 6:45 a.m.	 <b>BODYSTEP</b> SUE	<b>WEIGHT TRAINING</b> TARA	<b>GRIT</b> 30 Min. / <b>YOGA</b> 30 Min. Cardio SUE/CHANEY / SUE 6:45 am	7:00 am <b>GROUP SPIN</b> JEN
8:00 am	<b>SENIOR FITNESS</b> HELINA	6:00am <b>GROUP SPIN</b> BOB	<b>SENIOR FITNESS</b> SEASON	<b>YOGA</b> BRYAN / 6:00am <b>GROUP SPIN</b> BOB	6:30am <b>MAT PILATES</b> HELINA	7:00 am  <b>BODYSTEP EXPRESS</b> CHANEY & EMILY / 7:30 am <b>GRIT COMBO</b> CHANEY/KATHY
9:00 am	 <b>BODYSTEP</b> AMY	 <b>BODYCOMBAT</b> EMILY J.	 <b>BODYPUMP</b> TARA	 <b>BODYATTACK</b> MARCI/SARA	 <b>HIGH</b> EMILY N. BEKAH fitness / <b>GROUP SPIN</b> TARA	8:00 am <b>GROUP SPIN</b> BOB
10:00 am	<b>GRIT &amp; LES MILLS CXWORX</b> Strength TARA/KATHY	 <b>BODYJAM</b> SUE/MARCI	 <b>HIGH</b> EMILY fitness	<b>LEADER OF THE BANDS</b> EMILY J.		8:00 am  <b>BODYPUMP</b> BODY PUMP TEAM
11:00 am		<b>SENIOR FITNESS</b> SEASON		<b>CHAIR YOGA</b> BRYAN		9:00 am  <b>BODYJAM</b> MARCI/SUE

5:30 pm	 <b>BODYPUMP</b> KYLE			
6:00 pm	<b>GROUP SPIN</b> TYE			<b>GROUP SPIN</b> TYE
6:30 pm	<b>YOGA</b> ALI	<b>MAT PILATES</b> HELINA		<b>BALLET BARRE</b> HELINA
7:30 pm	 <b>HIGH</b> ED & ERIKA fitness	 <b>HIGH</b> LESLIE fitness	 <b>BODYJAM</b> BRINDIE	 <b>ZUMBA</b> BECCA FITNESS

## CLUB INFO

PHONE

801-298-5050

CLUB HOURS

24 Hour System

Monday - Friday 5:00 am - 9 pm

Saturdays - 5:00 am - 7 pm

24 HR Access

Gym is open beyond the regular hours listed via the 24 hr access key fob system