































# SKILLS FITNESS / GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	 JEN	 BEKAH & LESLIE	 30 Min. Plyo/Cardio CHANEY/SARA 5:15 a.m.  30 Min. SARA	 SARA/TARA	<b>1,000 CAL. BURN</b> SARA/TARA	
6:15am	 45 Min. TARA/KATHY	 45 Min. TARA/SARA	 1 Hour SUE	 45 Min. MARCI/SARA	 30 Min. Strength SUE/CHANEY  30 Min. SUE 6:45 am	
8:00 am	SILVER SNEAKERS HELINA		SENIOR FIT SEASON	YOGA BRYAN	6:30 am MAT PILATES HELINA	 6:45 am 30 Min. CHANEY & KATHY  7:15 am 45 Min. CHANEY/EMILY J.
9:00 am	 MARCI/SARA	 TARA	 EMILY J.	 AMY	 EMILY, BEKAH & LESLIE	8:00 am  BODY PUMP TEAM
10:00 am	 30 Min. SARA	 SUE/MARCI	 EMILY, BEKAH & LESLIE	<b>1,000 CAL. BURN</b> TARA/KATHY	YOGA NIKKI	9:00 am  MARCI/SUE
11:00 am		SENIOR FIT SEASON		Silver Sneakers YOGA BRYAN		

5:30 pm	 KYLE		 ASHLEY/EMILY	
6:30 pm	YOGA ALI	MAT PILATES HELINA		BALLET BARRE HELINA
7:30 pm	 JILL & KALLI	 DANICA & BOBBIE JO	 BRINDIE	 JILL & KALLI
8:30 pm				 BECCA

**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