





















SKILLS FITNESS / GROUP FITNESS SCHEDULE

AUGUST 2017

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

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