






















SKILLS FITNESS / GROUP FITNESS SCHEDULE

Oct 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	 BODYPUMP SARA/TARA	 BODYCOMBAT JEN L.	GRIT 30 Min. / LES MILLS CXWORX 30 Min. Plyo CHANEY/SARA / SARA 5:15 a.m.	 HIGH BEKAH & SHANNON fitness	 BODYPUMP SARA/TARA	
6:15am	 BODYATTACK MARCI/SHANNON	LES MILLS CXWORX / GRIT 6:15 a.m. / Strength SARA/TARA / SARA/SHANNON	 BODYSTEP SUE	WEIGHT TRAINING TARA	GRIT 30 Min. / YOGA 30 Min. Cardio SUE/CHANEY / 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 / 6:00am GROUP SPIN BOB	6:30am MAT PILATES HELINA	7:00 am  BODYSTEP EXPRESS CHANEY & EMILY / 7:30 am GRIT COMBO CHANEY/KATHY
9:00 am	 BODYSTEP AMY	 BODYCOMBAT EMILY J.	 BODYPUMP TARA	 BODYATTACK MARCI/SARA	 HIGH EMILY N. SHANNON BEKAH fitness / GROUP SPIN TARA	8:00 am  BODYPUMP BODY PUMP TEAM
10:00 am	LES MILLS CXWORX & GRIT Strength TARA/KATHY	 BODYJAM SUE/MARCI	 HIGH EMILY & SHANNON fitness	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	GROUP SPIN TYE	
6:30 pm	YOGA ALI	MAT PILATES HELINA		BALLET BARRE HELINA	
7:30 pm	 HIGH ED & ERIKA fitness	 HIGH SHANNON & LESLIE fitness	 BODYJAM BRINDIE	 ZUMBA 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