












































SKILLS FITNESS / GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	 SARA/TARA	 JEN L.	 30 Min. CHANEY/SARA 5:15 a.m.	 BEKAH & SHANNON	 JEN	★  30 Min. CHANEY/KATHY
6:15am	 MARCI/SHANNON	6:00am  BOB 6:15 A.M. SARA/TARA 	 SUE	 TABATAS 45 Min. TARA	★  30 Min. SUE/CHANEY / PILATES HELENA 6:30 am	7:00 am  JEN
6:45 am		★  SARA/ SHANNON 30 Min.		6:00 am  BOB	YOGA SUE	7:00 am  BODY STEP TEAM
8:00 am	SENIOR FITNESS HELINA		SENIOR FITNESS SEASON  TARA	BEGINNERS YOGA BRYAN	9:00 am  TARA	8:00 am  BOB  BODY PUMP TEAM
9:00 am	 AMY	★  9:30 A.M. TARA/KATHY TARA 	 TARA	 MARCI/SARA	 JEN/EMILY J./KIA	9:00 am  MARCI/SUE
10:00 am	  AMY	 SUE/MARCI	 EMILY & SHANNON	 HIIT ROOM EMILY J.	 EMILY N. SHANNON BEKAH	10:00 am YOGA ROBIN
10:00 am				YOGA BRYAN	<h2>CLUB INFO</h2> <p>PHONE 801-298-5050</p> <p>www.skillsfitness.com 1525 North Main St. #110 Bountiful, Ut 84010</p> <h2>CLUB HOURS</h2> <p>Monday - Friday 5:00 am - 9 pm Saturdays - 5:00 am - 7pm</p> <p>Gym is open beyond the regular hours listed and on Sundays via key fob system. Ask for details!</p>	
11:00 am		SENIOR FITNESS SEASON		CHAIR YOGA BRYAN		
5:30 pm	 KYLE	 ASHLEY/EMILY	 ASHLEY & EMILY 			
6:00 pm	 FARRON			 FARRON		
6:30 pm	YOGA ALI	MAT PILATES HELINA	 STRENGTH & CARDIO KATHY	BALLET BARRE HELINA		
7:30 pm	 ED & ERIKA	 SHANNON & LESLIE	 BRINDIE	 BOBBIE JO		