

# SKILLS FITNESS / GROUP FITNESS SCHEDULE

## SUMMER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 am	<b>LES MILLS BODYPUMP</b> SARA/TARA	<b>LES MILLS BODYCOMBAT</b> JEN L.	<b>GRIT</b> 30 Min. / <b>LES MILLS CXWORX</b> 30 Min. CHANEY/SARA / SARA	<b>HIGH fitness</b> BEKAH & SHANNON	<b>LES MILLS BODYPUMP</b> JEN	
6:15am	<b>LES MILLS BODYATTACK</b> MARCI/SHANNON	<b>LES MILLS CXWORX</b> / <b>GRIT</b> Strength 6:15 a.m. / 6:45 a.m. TARA / SARA/SHANNON	<b>LES MILLS BODYSTEP</b> SUE	6:00 am <b>GROUP SPIN</b> BOB / <b>WEIGHT TRAINING</b> TARA	<b>GRIT</b> 30 Min. Cardio / Mat PILATES SUE/CHANEY / HELINA 6:30 am	7:00 am <b>GROUP SPIN</b> JEN
7:15 am	<b>LEADER OF THE BANDS*</b> EMILY J.	45 Min. <b>LES MILLS BODYATTACK</b> TARA/KATHY	<b>ROLLING IN THE DEEP*</b> TARA	<b>LES MILLS BODYCOMBAT</b> JEN	<b>YOGA</b> 6:45-7:45 a.m. SUE	7:00 am <b>HIGH fitness</b> DANICA/ERIKA
8:00 am	<b>LES MILLS BODYSTEP</b> AMY	<b>STRENGTH BOOTCAMP</b> PERSONAL TRAINERS	SENIOR FITNESS SEASON / <b>GROUP SPIN</b> TARA	<b>LES MILLS BODYATTACK</b> MARCI/SARA	<b>LES MILLS BODYCOMBAT</b> EMILY / <b>GROUP SPIN</b> TARA	8:00 am <b>LES MILLS BODYPUMP</b> BODY PUMP TEAM
9:00 am	SENIOR FITNESS SEASON	<b>LES MILLS BODYJAM</b> SUE/MARCI	<b>HIGH fitness</b> EMILY & SHANNON	<b>YOGA</b> BRYAN / <b>VHS</b> Bleacher Bootcamp EMILY J.	<b>HIGH fitness</b> EMILY N. SHANNON BEKAH	9:00 am <b>LES MILLS BODYJAM</b> MARCI/SUE
10:00 am		SENIOR FITNESS SEASON		<b>CHAIR YOGA</b> BRYAN		10:00 am <b>YOGA</b> ROBIN

## 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

[www.skillsfitness.com](http://www.skillsfitness.com)

5:30 pm	<b>LES MILLS BODYPUMP</b> KYLE	<b>LES MILLS BODYATTACK</b> CHRISTINE/KATHY	<b>LES MILLS BODYPUMP</b> / <b>LES MILLS CXWORX</b> ASHLEY & EMILY	<b>LES MILLS BODYCOMBAT</b> AMY
6:30 pm	<b>YOGA</b> ALI	<b>MAT PILATES</b> HELINA	<b>BOOT CAMP</b> LEXI	<b>GROUP SPIN</b> FARRON 6:00 p.m. / <b>BALLET BARRE</b> HELINA
7:30 pm	<b>HIGH fitness</b> ED & ERIKA	<b>HIGH fitness</b> SHANNON & LESLIE	<b>LES MILLS BODYJAM</b> BRINDIE	<b>ZUMBA FITNESS</b> BECCA

\***LEADER OF THE BANDS** - Strength training similar to Pump but no weights, just resistance bands.

\***ROLLING IN THE DEEP** - Foam Rolling, stretching and mobility work.