

Holladay Lions Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:00am (<i>Express</i>) HighLow w/Paige	6:15-7:00am (<i>Express</i>) Surge Strength w/Anna	8:00-9:00am Cardio Core w/Jacque	6:15-7:00am (<i>Express</i>) High Low w/Anna	7:45-8:30am HIIT w/Barb	8:00-9:00am Muscle w/Tara & Anna
8:00-9:00am LaBlast w/Suzanne	8:00-9:00am Muscle w/Tonja	9:00-10:00am High Low w/Brittany H.	8:00-9:00am Total Body Strength & Conditioning w/Barb	9:00-10:00am Zumba w/Maysa	8:00-9:30am Barre w/Tonja (small aerobics room)
8:00-9:00am Peaceful Mind w/Tonja	9:00-10:00am Zumba w/Elizabeth	9:15-10:15am Barre w/Angie (small aerobics class)	9:00-10:00am Cycle & Tone w/Shannon	10:00-11:00am Yoga w/Maysa	9:00-10:00am Zumba w/Maysa
9:15-10:00am (<i>Express</i>) Get Fit w/Angie	9:05-10:00am Yoga w/Tonja (small aerobics room)	10:30-11:30am Yoga w/Maysa	9:00-10:00am Yoga w/Barb (small aerobics room)		10:00-11:00am Pop Pilates w/Brittney J
10:30-11:30am Active Aging Yoga w/Amber	5:30-6:30pm Muscle w/Michelle	1:00-2:00pm Active Aging Yoga w/Amber	10:30-11:30am Active Aging Yoga w/Sara		
5:30-6:30pm Muscle w/Tara	6:30-7:30pm Zumba w/Tammy	5:30-6:30pm Stretch & Strength w/Tara	5:30-6:30pm Muscle w/Tara		
6:30-7:30pm Barlates w/Brittney J	6:30-8:00pm Barre w/Tonja (small aerobics room)	6:30-7:30pm Zumba w/Michelle & Anna	6:30-7:30pm BollyX w/Linda		
		6:30-7:30pm Gentle Yoga w/Rolf	6:30-7:30pm Barre w/Tonja (small aerobics room)		
					Sunday
					10:00-11:00am Yoga w/Elizabeth
					11:15am-12:15pm Bolly X w/Linda & Merissa

Drop-In Daycare	
7:30-11:30 am Monday-Friday	Fee: \$3.00 per hour (2 hr max)
5:30-7:30 pm Monday-Thursday	Age: 8 weeks - 9 Years old
8:00-11:00 am Saturday	

Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:10 - 11:00am Aqua Fit w/Angie	8:30-9:30am Arthritis w/Shirley	10:10 - 11:00am Aqua Fit w/Angie	8:30-9:30am Arthritis w/Shirley		8:30-9:30am Water Aerobics w/Janet
	9:45-10:45am Arthritis w/Shirley		9:45-10:45am Arthritis w/Shirley		9:30-10:30am Water Aerobics w/Janet
	7:00-8:00pm Water Aerobics w/Janet		7:00-8:00pm Water Aerobics w/Janet		