

JL SORENSON FITNESS SCHEDULE EFFECTIVE: JAN 1 , 2026

Group Fitness Classes

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Class	Time	Class	Time	Class	Time	Class	Time	Class	Time	Class
5:30AM	Spin Charity	5:30 AM	Sports Condition Kim	5:30AM	Lift Karisa			5:30AM	LIFT Rachel	7:00 AM	HIGH Kaytlin/ Melissa
				5:30AM	Spin Rachel	5:30 AM	Spin Charity	6:00AM	HIGH Low Kaytlin	8:00 AM	Pumped up Strength Andrea
				6:30 AM	Core Karisa	6:00 AM	TRX BreAnn			8:00 AM	Spin Rachel
7:00AM	Cardio Barre Heidi			7:00 AM	HIGH Karisa			7:00 AM	Muscle Mix Heidi		
8:00 AM	Mat Pilates Amanda										
9:00AM	TRX Heidi	9:00AM	Lift Karisa	8:00 AM	YOGA Amanda			9:00AM	TRX Heidi	9:00AM	Resorative Yoga BreAnn
9:00AM	HIGH Karisa	9:00AM	Spin Amanda	9:00AM	Cardio Barre Heidi	9:00AM	STEP Karisa/ Allison	9:00AM	Spin Sandee		
9:00AM	Spin Sandee			9:00AM	Spin & Strength Amanda	9:00AM	Spin Heidi	9:00AM	Surge Hybrid Karisa		
10:05AM	Surge Strength & Stretch Karisa	10:05AM	Vinyasa Yoga BreeAnn	10:05	YOGA Karisa	10:05AM	Lift and Barre Allison	10:05AM	Yoga Heidi		
6:00 PM	Lift BreeAnn	6:00 PM	Spin Andrea	6:00 PM	Cardio Barre Tyanne	6:00 PM	Zumba Julie				
7:00 PM	HIGH Kaytlin	7:00 PM	Lift Andrea	7:00 PM	Yoga Tyanne						
						7:00 PM	LaBlast Kristy				
						8:00 PM	HIGH YO Kaytlin				

Aquatic Fitness Classes

Monday		Tuesday		Wednesday		Thursday		Friday	
9:00AM	Combo Challenge Michelle	9:00AM	Aqua Burn Charity	9:00AM	Depp Water Bootcamp Sandee	9:00AM	Hydro Tone Michelle	9:00AM	Splash LaBlast Kristy
10:00 AM	Seniors Michelle	10:00 AM	TBD Charity	10:00 AM	Tsunami Sandee	10:00 AM	Deep Water Michelle	10:00 AM	AQUA Kristy

Senior LAND Fitness Classes located in the Gym *

Monday		Tuesday		Wednesday		*Thursday		Friday	
11:30 AM	Michelle	10:00 AM	Rachel	10:00 AM	Heidi	10:00 AM	Walk Fitness on the track.	10:00 AM	BreeAnn/Rachel

Subject to change at anytime. We are closed on all Federal Holidays. Questions email: agrushton@saltlakecounty.gov