

# South Jordan Fitness & Aquatic Center

10866 S Redwood Rd, South Jordan

385-468-1630

<https://sico.org/south-jordan-fitness-aquatic/>

## Group Fitness Schedule

Effective July 15th, 2024

\*\* Classes are subject to change without notice\*\*



TIME	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room	Dance Room	Aerobics Room
5:05AM	Cardio Shock Sarah					Cardio Shock Sarah			Cardio Shock Sarah			
5:30AM	Muscle Max Sarah	Full Body Circuit Lisa	Step Sarah		Muscle Max Lisa	High Low Sarah	Cardio Shock Sarah		50/50 Sarah			
6:30AM		Cycle Sculpt Danielle			High Fitness Samantha							
7:00AM							Zumba Sheilah	Cycle Sculpt Danielle			Step Sarah	
8:00AM	Pilates Pam	CSI Alle	Barre Strength & Tone Shal	Stretch Pam		Athletic Challenge Marilee	Barre Strength & Tone Shal	Stretch Amber	TRX Nykelle 8:30-9	Cycle Nykelle 8-8:30	TRX Emily	Muscle Max Sarah
9:00AM	TRX Pam	SS Circuit Marilee	Core/Bosu Shal	Circuit Pam	LaBlast Suzanne	SS Circuit Sam	TRX Shal		High Fitness Shannon/Courtney	SS Circuit Marilee	Zumba Kimberly	
10:00AM	Zumba Kimberly	SS Yoga Marilee			Zumba Kimberly	SS Yoga Sam		Cycle Shal	Surge Strength Shannon 10-10:30am)	SS Yoga Marilee	Group Fitness Classes are for participants 16 and older. Or, 14-15 year olds may attend if they have completed the certification class.	
11:00AM	Teens 13+ Emily			SS Classic Marilee	Teens 13+ Emily		SS Classic Marilee		SS Circuit			
12:00PM			TRX Marilee				Muscle Max Marilee		Zumba Jill			
5:30PM												
6:00PM		CSI Laurene		HIIT Alle		Kickboxing Jill						
7PM	Zumba Kimberly		Zumba Jessica									
7:30PM												
8:00PM												



\*Classes will be 55 minutes to allow transition time for the next class.

All class changes have been made per instructor request. Thank you for your patience as we make these changes. Enjoy class!

## CLASS DESCRIPTIONS

**30/30:** 30 minutes of cardio and 30 minutes of muscle & core work.

**Athletic Challenge:** Cardio & strength training class utilizing hand weights, steps, spin bikes, and jump ropes with intervals of walk/running on the track. It's a fun, fast, and athletically challenging class. Works the entire body.

**Barre Strength & Tone:** A high energy experience! Combines Yoga, Pilates, and Ballet moves to slim, strengthen, stretch, and tone your body. **Cardio Shock:** This fast paced class combines high and low impact exercises to really work your heart and lungs. Push yourself to the next level with this calorie burning class.

**CSI:** A comprehensive workout including intervals of cardio and strength exercises, followed by a total body stretch. Includes intervals of step, walk/run on the track, hand weights, jump ropes, and floor exercises.

**Core/Bosu:** This exciting workout combines a moderate to high intensity cardio, core, and strengthening workout. Enjoy energy building cardio choreography and muscle strengthening all in one class.

**Cycling:** Designed to improve cardiorespiratory and muscular endurance. Class includes a variety of terrain that is easy enough for everyone to follow. Proper alignment, body mechanics, and goal specific training will be taught.

**Fitness Jam:** Let's have a jam-tastic time! A class of high-energy, full of fun, calorie burning, and full body workout! The class incorporates dancing, kickboxing moves, and core exercises.

**Full Body Circuit:** A full hour for your whole body. Come work hard and increase your overall fitness through a variety of cardio and strength exercises. Utilizing the bike, track, gym, and entire spectrum of exercise equipment you will never get bored.

**High Fitness:** Jump and dance your way into fitness! This plyometric dance fusion class will get your heart pounding and your body moving as you turn up the heat in this high intensity class.

**High/Low:** Come pump up your metabolism, build muscle mass, and strengthen those bones! This class is designed to build muscular strength and endurance. We will be using equipment ranging from free hand weights to stretch bands to barbells to bosu.

**HIIT:** This class is a fast-paced, fat-burning workout featuring intervals of work and rest. The class format will keep all fitness levels burning calories at their own pace. A full body workout and stretch.

**Cardio Cycle Interval:** A unique class done with various levels of intensity within seven minute sets. Utilizes many types of equipment to help achieve your fitness goals. Starts with cardio, cycling and finishes with weights and abs.

**LaBlast:** Is a partner-free ballroom type dance fitness workout from the absolute beginner to the experienced dancer. Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time, it offers something for everyone.

**Muscle Max:** Come pump up your metabolism, build muscle mass, and strengthen those bones! This class is designed to build muscular strength and endurance. We will be using equipment ranging from free hand weights to stretch bands to barbells to bosu.

**Restorative Yoga:** A gentle, slow, style of yoga that involves long holds in restful poses. Helps improve stiff muscles and joints as well as improves relaxation.

**Stretch:** A total-body stretch class. Strengthen connective tissue and stretch muscles. Designed to improve the elasticity of your muscles as well as restore and reaffirm comfortable muscle tone. The result is a feeling of increased muscle control, flexibility, and range of motion.

**Strength & Tone:** This class will push your muscles increasing strength and muscle tone.

**TRX:** An innovative exercise tool using suspension straps that helps build lean muscle, boost your metabolism, tighten your core, and increase endurance.

**Yoga:** Yoga improves circulation, strengthens muscles, increases flexibility and breath capacity, reduces stress and improves wellbeing. Includes various poses and some meditation and relaxation. Power Yoga is a more intense harder yoga workout.

**Zumba:** Fuses Latin rhythms and international zest with easy to follow moves. Achieve long term benefits while experiencing and exhilarating hour of calorie burning, heart racing, muscle pumping, body energizing, awe inspiring moves. Routines and resistance are varied to tone and sculpt, while burning fat.

**Senior Fitness classes:** Classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance. All classes offer an optional chair used for seated or standing support and may be used for stretching and relaxation exercises.

**Aerobics for Active Seniors:** This class is the perfect fit for someone who is active and looking for a Total Body Workout that is easy on the joints. Set to fantastic music, we will work every muscle group using a unique set of exercises, while providing the necessary Cardio and stretching.

**Silver Sneakers Classic:** Move to the music through a variety of exercises designed to increase muscular strength, range of movement and improve activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

**Silver Sneakers Circuit:** Combine fun with fitness to increase your cardio & muscular endurance, muscular strength, and balance with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low impact aerobics choreography.

**Silver Sneakers Yoga:** Will move your whole body through a complete series of seated and standing yoga poses. Learn to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Cycle/TRX Class:** Get ready to ride and shape your body all in one class! Start off by spinning on an indoor bike with an exercise format that will deliver the high-cardio training your heart needs and the strength your muscles crave. Combine that with TRX to sculpt your entire body, along with integrated core-strength for a one-of-a-kind, all-inclusive workout!