

SLCSports Complex Aerobics Room Schedule

*(Does not include membership. Pay at Front Desk.)

Last Updated 4/28/2023
March 2023 - August 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Cycle - Jen 5:30 - 6:30 AM		Cycle - Jen & Kit 6:00 - 7:00 AM	Cycle - Jeannie 6:00 - 6:45 AM			
6:30 AM							
7:00 AM						Cycle - Alt. 7:00 - 8:00 AM	
7:30 AM							
8:00 AM							
8:30 AM		Zumba - Gail 8:30 - 9:30 AM	Muscle Works - Sara 8:30 - 9:30 AM				
9:00 AM							
9:30 AM			Pilates - Sara 9:20 - 9:50 AM	*Artistic Endeavors 9:30 - 11:15 AM		Zumba - Marsha 9:30 - 10:30 AM	
10:00 AM		Yoga - Susanne 10:00 - 11:30 AM	Sturdy Seniors - Sara 10:00 - 11:00 AM				Yoga - Susanne 10:00 - 11:15 AM
10:30 AM							
11:00 AM	Active Aging Yoga - Adam 11:15 - 12:30 PM		Active Aging Yoga - Adam 11:15 - 12:30 PM				
11:30 AM							
12:00 PM							
12:30 PM			Zumba - Marsha 12:45 - 1:45 PM	Zumba - Marsha 12:30 - 1:30 PM			
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM					*Artistic Endeavors 2:30 - 4:15 PM		
3:00 PM							
3:30 PM		*Artistic Endeavors 3:30 - 6:00 PM	Paradim Lift 3:30 - 5:15 PM				
4:00 PM							
4:30 PM							
5:00 PM	Zumba Express - Marsha 5:15 - 6:00 PM			Zumba Express - Marsha 5:15 - 6:00 PM	Zumba - Gail 5:15 - 6:15 PM		
5:30 PM							
6:00 PM	Cycle - Miguel 6:00 - 7:00 PM		Cycle - Miguel 6:15 - 7:05 PM	Core and Yoga - Miguel 6:15 - 7:05 PM			
6:30 PM		Foam Roll 6:00 - 7:00 PM Jen					
7:00 PM							
7:30 PM							
8:00 PM		U of U					