

# SLCSPTS COMPLEX Group Fitness and Class Schedule

\* (Does not include membership.)

Additional fee is required\* (pay at the front desk)

Last Updated 12/28/2021

September 2021 to March 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	<b>Cycle - Jen 6:00 - 6:45 AM</b>		<b>Cycle – Jen and Kit 6:00-7:00 AM</b>	<b>Cycle – Jeannie 6:00-7:00 AM</b>			
6:30 AM							
7:00 AM					<b>Muscle Works - Erin 7:15-8:15 AM</b>	<b>Cycle - Alt. 7:00 - 8:00 AM</b>	
7:30 AM							
8:00 AM							
8:30 AM		<b>Zumba - Gail 8:30- 9:30AM</b>	<b>Muscle Works -Sara 8:30-9:15AM</b>				
9:00 AM							
9:30 AM			<b>Pilates –Sara 9:20-9:50</b>	<b>*Artistic Endeavors  9:30 - 11:15 AM</b>		<b>*Aikido  9:00 - 11:00 AM</b>	
10:00 AM		<b>Yoga - Susanne 10:00- 11:15 AM</b>	<b>STURDY SENIORS Sara 10:00-11:00 AM</b>		<b>Yoga - Susanne 10:00-11:15 AM</b>		
10:30 AM							
11:00 AM	<b>Active Aging Yoga - Adam  11:15 - 12:30 PM</b>		<b>Active Aging Yoga - Adam  11:15 - 12:30 PM</b>				
11:30 AM							<b>STURDY SENIORS  Emily 11:30-12:30 PM</b>
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM					<b>*Artistic Endeavors 2:30-4:15</b>		
3:30 PM		<b>*Artistic Endeavors  3:45-7:30PM</b>	<b>*Paradigm Lift 3:30-5:15 PM</b>				
4:00 PM							
4:30 PM							
5:00 PM				<b>ASPIRE OFF ICE 5:15-6:00 PM</b>	<b>Zumba - Gail 5:15 - 6:15PM</b>		
5:30 PM							
6:00 PM	<b>Cycle - Miguel 6:00 - 7:00 PM</b>		<b>Cycle - Miguel 6:15 - 7:05 PM</b>	<b>Core and Yoga with Miguel 6:15-7:00 PM</b>			
6:30 PM							
7:00 PM	<b>*Aikido 7:00 - 9:00 PM</b>						
8:00 PM					<b>*Aikido 7:00 - 9:00 PM</b>		