

Fitness Class/Room Schedule Effective: August 22, 2025

Monday	
Time	Class Instructor
6-8 am	Open
1-5 pm	Open
6 pm	Yoga Don

Tuesday	
Time	Class Instructor
6-7 am	Open
7:45 am	Yoga Lisa
9-10:15 am	Zumba & PowerFit Jessica
1-5 pm	Open
6 pm	Yoga Julieta
7 pm	Zumba Addy

Wednesday	
Time	Class Instructor
6:05 am	Yoga Lisa
7:15-8 am	Open
9 am	Barre Kerri
10 am	Zumba Julieta
11 am	Step It Julieta (45 min)
1-5 pm	Open
6 pm	Kick Boxing & PowerFit Jessica

Thursday	
Time	Class Instructor
6-7 am	Open
7:45 am	Yoga Lisa
9 am	UpBeat Lift Marsha
1-5 pm	Open
7 pm	Zumba Jessica
8 pm	Step It Jessica (35 min)

Friday	
Time	Class Instructor
6-8 am	Open
9 am	Barre Kerri
10 am	Zumba Gail
1-5 pm	Open
5:30-7 pm	Zumba & Stretch Julieta

Saturday	
Time	Class Instructor
8 am	Yoga Don and Lisa
9:15 am	Zumba Julieta
10:15	Step It Addy (45 min)
1-5 pm	Open

Sunday	
Time	Class Instructor
10:30 -1 pm	Open

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information.

Open Aerobics Room Rules

- You may only bring in water and gym equipment (no food or backpacks).
- Only weights 15 lbs and under allowed. Return weights to rack after use.
- Organized practices or teaching is not allowed.
- Lights must remain on.
- Respect others. Room subject to "Patron Code of Conduct."
- Room availability is subject to change without notice



Northwest Rec Center
 1255 West Clark Ave
 Salt Lake City, UT 84116
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Fitness Class Descriptions

Zumba:	A high energy aerobics class incorporating the rhythms and dances from Latin and international cultures. Zumba's choreography incorporates hip-hop, samba, salsa, merengue, mambo, Bollywood, belly dance, and reggaetón moves just to name a few
StepIt	Has all the benefits of high-intensity workouts without putting stress on your joints. StepIt is a low impact, high energy fitness class. You will strengthen your bones and muscles with every step. StepIt also incorporates 20 minutes of body weight toning exercises. Designed to target multiple muscle groups for a full-body fitness experience.
Power Fit	Is a type of fitness class that can refer to a variety of classes, including: <ul style="list-style-type: none">• Flexibility training class: A class that focuses on strength-building and flexibility development• Aerobic class: A 30-minute group class that combines cardiovascular, muscular, and abdominal exercises• Strength and conditioning class: A class that uses free weights, body weight, and fluid motions to help build lean muscle
Kick Boxing	Experience a modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, set choreography and will become the cardio workout you never dread. HIGH is easy to follow and a total blast! Adaptable to all levels of fitness, you can go high or you can go low, but you will always leave feeling HIGH.
UpBeat Lift:	combines pure strength SUPERSET with progressive overload endurance training, isolating muscle groups and working to failure with heavy weights, then working to build endurance in drop-sets. UPL rocks popular tunes, choreographed for an intense and accessible muscular strength workout.
Yoga	All of our Yoga classes offer modified poses to accommodate the variety of strength and flexibility in individuals. Our Yoga instructors are trained in different types of Yoga. Some of the styles that you will enjoy are: * Hatha Yoga * Vinyasa Flow * Integrated Yoga * Power Yoga * Yoga Therapy * and Raja Yoga