



# Group Fitness Schedule 2024



Millcreek Community Center

2266 Evergreen Ave | Salt Lake City, UT | 385-468-1380

Effective July 2024 | Unmarked class times start at the top of the hour.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM			<b>Cycle</b> -Sarah-		<b>Cycle</b> -Sarah-	
8:00 AM		<b>LaBlast</b> -Suzanne-	<b>Zumba</b> -Maysa-	<b>Barre</b> -Tonja-		<b>Functional Yoga</b> -Barb- <b>8:15 - 9:15 AM</b>
9:00 AM	<b>Zumba</b> -Maysa-		<b>Cardio/Strength/ Flexibility BLAST</b> -Elizabeth-		<b>Cardio/Strength/ Flexibility BLAST</b> -Elizabeth-	
10:00 AM	<b>Yoga</b> -Maysa-	<b>Muscle PUMP</b> -Maysa-	<b>Hatha Yoga</b> -Sara- <b>10:10-11:15 AM</b>	<b>Muscle PUMP</b> -Maysa-	<b>Yoga</b> -Amber- <b>10:30 - 11:15 AM</b>	
11:00 AM	<b>Room Reserved</b> 11 AM - 12:15 PM			<b>Active Aging Yoga</b> -Amber- <b>11:15 - 12:15 PM</b>		
1:00 PM	<b>Active Aging Yoga</b> -Adam- <b>1:15 - 2:15 PM</b>					
5:00 PM		<b>Zumba Fusion</b> -Marsha- <b>5:30 - 6:30 PM</b>				
6:00 PM				<b>WERQ</b> -Renee- <b>6:30 - 7:15 PM</b>		

## Group Fitness Class Descriptions

<b>Active &amp; Aging Yoga</b>	This yoga class caters to people in their later years. We will focus on creating stability and strength through daily life movements rather than extreme or overly repetitive joint strenuous yoga poses. It is an excellent class for strong, healthy movement as we age.
<b>Barre</b>	Barre is a fusion of ballet, yoga, pilates, and strength training. It is a full-body workout emphasizing the lower body and core. Classes are choreographed to motivating music involving the ballet barre.
<b>Cardio/Strength /Flexibility BLAST</b>	Enjoy a TOTAL body and cardio class using step, floor aerobics, weights, stability balls, and bands to improve complete fitness. The class will conclude with a full-body stretch. Abdominals and core work are included, of course. All fitness levels are welcome!
<b>Cycle</b>	A cardiovascular workout encompassed by timing and circuits, all on bikes!
<b>Hatha Yoga</b>	This practice involves breath, body, and mind work. Focus on postures and breathing techniques to channel vital energy sources.
<b>LaBlast</b>	This is a cardio dance class combined with light/medium weight training and created for people of all ages, abilities, and fitness levels. LaBlast uses all genres of music and will get you moving physically, mentally, and emotionally.
<b>Muscle PUMP</b>	Enjoy this classic combination! In this class, ALL muscle groups are focused on using a variety of weights, equipment, and resistance bands.
<b>WERQ</b>	WERQ is a wildly energizing cardio fitness class based on trending pop and hip-hop music. Join us in creating a judgment-free dance space with good vibes, a great sweat, and a supportive community.
<b>Yoga</b>	This practice is a relaxing class that will increase the connection between your mind and body through breathing, moving, and stretching techniques.
<b>Functional Yoga</b>	This class is a blend of pilates and yoga designed to enhance, restore, and strengthen focus, balance, endurance, and flexibility. Function fitness suits all ages, bodies, and experience levels, from our newcomers to seasoned pros.
<b>Zumba</b>	Who says a cardio workout cannot be a party? Zumba means "to move fast and have fun!" Burn calories while dancing to high-energy Latin and international beats.
<b>Zumba Fusion</b>	This class incorporates present day Zumba steps with generational Jazz Dance styles, a variety of Modern dance styles, and tastes of Mexican folkloric, Bollywood, African and more ...All in Zumba format!

**ALL INSTRUCTORS ARE TRAINED AND CERTIFIED BY NATIONALLY ACCREDITED FITNESS ORGANIZATIONS.**

**We want you to feel comfortable in our classes! Our instructors are friendly, knowledgeable, and teach to all skill levels. If you are new to a class, please come early and let the instructor know so they can help you get set up and ready to go!**