

Fitness Class Schedule

Effective:
August 26, 2025

Monday		
Time	Class Instructor	Room
9 am	Zumba Maysa	Aerobics
10 am	Yoga Maysa	Aerobics
11 am	Room Reserved	Aerobics
1 pm	Active Aging Yoga Adam	Aerobics
6 pm	Room Reserved	Aerobics

Tuesday		
Time	Class Instructor	Room
6 am	Cycle Sarah	Aerobics
7 am	WERQ Like a Boss Renee	Aerobics
8 am	LaBlast Annie Cole	Aerobics
9 am	Room Reserved	Aerobics
10 am	Muscle PUMP Maysa	Aerobics
11:15 am	Body Technique/Energy Direction Marsha	Aerobics
6 pm	Zumba Marsha	Aerobics

Wednesday		
Time	Class Instructor	Room
7:45 am	Yoga Barb	Aerobics
9 am	Cardio/Strength/Flexibility BLAST Elizabeth	Aerobics
10 am	All Levels Yoga Sara	Aerobics
11 am	Pilates Yoga Fusion Sara	Aerobics
4 pm	Room Reserved	Aerobics
6:30 pm	Zumba Wendy	Aerobics

Thursday		
Time	Class Instructor	Room
6 am	Cycle Sarah	Aerobics
8 am	Barlates Tonja	Aerobics
9 am	Room Reserved	Aerobics
10 am	Muscle PUMP Maysa	Aerobics
11:15 am	Active Aging Yoga Amber	Aerobics
6:30 pm	WERQ Renee	Aerobics

Friday		
Time	Class Instructor	Room
9 am	Cardio/Strength/Flexibility BLAST Elizabeth	Aerobics
10:30 am	Yoga Amber	Aerobics
3 pm	Room Reserved	Aerobics

Saturday		
Time	Class Instructor	Room
8:15 am	Functional Yoga Barb	Aerobics

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



Millcreek Recreation Center
2266 E. Evergreen Ave
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