



Group Fitness Schedule 2025

Millcreek Community Center

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



Effective January 2025 | Unmarked class times start at the top of the hour.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM		Cycle -Sarah-		Cycle -Sarah-		
7:00 AM		WERQ Like a Boss -Renee-				
8:00 AM		LaBlast -Annie Cole-		Barlates -Tonja-		Functional Yoga -Barb- 8:15 - 9:30 AM
9:00 AM	Zumba -Maysa-	Room Reserved 9 - 10 AM	Cardio/Strength/ Flexibility BLAST -Elizabeth-	Room Reserved 9 - 10 AM	Cardio/Strength/ Flexibility BLAST -Elizabeth-	
10:00 AM	Yoga -Maysa-	Muscle PUMP -Maysa-	Hatha Yoga -Sara-	Muscle PUMP -Maysa-	Yoga -Amber- 10:30 - 11:45 AM	
11:00 AM	Room Reserved 11 AM - 12:15 PM	Body Technique/Energy Direction -Marsha- 11:15 - 12:15 PM	Active Aging WERQ -Renee- First Wednesday of Each Month	Active Aging Yoga -Amber- 11:15 - 12:15 PM		
1:00 PM	Active Aging Yoga -Adam- 1:15 - 2:15 PM					
3:00 PM					Room Reserved 3 - 5 PM	
4:00 PM			Room Reserved 4 - 6 PM			
6:00 PM		Zumba -Marsha- 6 - 7 PM	Zumba -Wendy- 6:30 - 7:30 PM	WERQ -Renee- 6:30 - 7:30 PM		

Group Fitness Class Descriptions

Active & Aging Yoga	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.
Active & Aging WERQ	WERQ Like a Boss! S-Level - For Seniors! combines cardio, strength, and mobility training, all in a single workout. Check it all off <i>Like a Boss</i> , and get back to being the CEO of your life! S-Level WLAB, exclusively for seniors, will focus on layering difficult moves, low-impact versions, and slower transitions, helping build your strength and confidence to step up to front-row-diva status in any of the center's awesome dance fitness classes!
Barlates	Bar=Barre & Lates=Pilates. A fusion of a Barre class and a Pilates class while incorporating Yoga and toning exercises.
Body Technique/Energy Direction	(B-TED) combines Pilates, Barre, and Modern Dance training to focus on alignment, balance, and breathing. This moderate-level workout offers a variety of fun exercises for muscle conditioning and flexibility. Let's have a ball!
Cardio/Strength/ Flexibility BLAST	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!
Cycle	A cardiovascular workout encompassed by timing and circuits, all on bikes!
Hatha Yoga	This practice involves breath, body, and mind work. Focus on postures and breathing techniques to channel vital energy sources.
LaBlast	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.
Muscle PUMP	Enjoy this classic combination! In this class, ALL muscle groups are focused on using a variety of weights, equipment, and resistance bands.
WERQ	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.
WERQ Like a Boss	WERQ Like a Boss is a full-body workout that combines everything you need in one hour or less. Class begins with WERQ Dance Fitness for cardio followed by strength training and mobility work. Check it all off and get back to being the CEO of your life!
Yoga	This practice is a relaxing class that will increase the connection between your mind and body through breathing, moving, and stretching techniques.
Functional Yoga	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.
Zumba	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.

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!