

Fitness Class Schedule

Effective: January 31, 2026

Monday		
Time	Class Instructor	Room
5:45 am	Cycling Jenn	MPR
8 am	Pilates Jenn	Aerobic
9 am	F.I.I.T. Jenn	Aerobic
9 am	Zumba Tessa	Aux
10 am	Yoga Heather	Aerobic
10 am	Strength & Stretch Vicky	Aux
5:30 pm	Cycling Sarah	MPR
6:30 pm	Power Pump Erin	Aerobic

Tuesday		
Time	Class Instructor	Room
5:45 am	Pilates Jenn	Aerobic
8 am	Barre Kathryn	Aerobic
9 am	Power Pump Bethne	Aerobic
9 am	Cycling Jenn	MPR
9 am	Zumba Gold Michele	Aux
10 am	Power Pump 101 Bethne	Aerobic

Wednesday		
Time	Class Instructor	Room
5:45 am	Cycling Jenn	MPR
8 am	F.I.I.T. Jenn	Aerobic
9 am	Pilates Jenn	Aerobic
9 am	Zumba Gold Jamie/Cheryl	Aux
10 am	Yoga for Active Adults Stefani	Aerobic
10 am	Strength & Stretch Val	Aux
6:30 pm	Restore Yoga Mckayla	Aerobic

Thursday		
Time	Class Instructor	Room
5:45 am	Pilates Kathryn	Aerobic
8 am	TRX Jenn	Aux
9 am	Power Pump Bethne	Aerobic
9 am	Cycling Jenn	MPR
9 am	Zumba Gold Michele	Aux
10 am	Power Pump 101 Bethne	Aerobic
5:30 pm	Cycling Sarah	MPR
6:30 pm	Power Pump Erin	Aerobic

Friday		
Time	Class Instructor	Room
8 am	Pilates Jenn	Aerobic
9 am	Step Interval Jenn	Aerobic
10 am	Yoga & You 101 Karen	Aerobic
10 am	Strength & Stretch Multi	Aux

Saturday		
Time	Class Instructor	Room
8 am	Zumba Brittney	Aerobic
8 am	Cycling Kellie	MPR
9 am	Barre Michelle	Aerobic
10 am	Yoga	Aerobic

Rooms	
Aerobic	Aerobics Room
Aux	Auxiliary Gym
MPR	Multi-Purpose Room



Dimple Dell Rec Center
10670 S 1000 E
Sandy, UT 84094
(385) 468-3355

Fitness Schedule subject to change. Please contact the front desk for up-to-date class information. All classes 55 minutes.