

Fitness Class Schedule

Effective: Jan 1, 2026

Monday		
Time	Class Instructor	Room
6:15am	Yoga-Gentle Rise Ashley	SM
8am	Dance Fitness Anna	LG
9am (45 min)	Get Fit Anna	LG
10:30am	*Yoga-Active Aging Amber	LG
5:30pm	Get Fit Lizel	LG
6:30pm	*LaBlast Suzanne	LG

Tuesday		
Time	Class Instructor	Room
6:15am (45 min)	Surge Strength Anna	LG
8 am	Stronger Barb	LG
8am	Werq Like a Boss Renee	SM NEW
9am	Cycle & Tone Shannon	LG
9am	*Yoga Barb	SM
10am	*Body Technique Marsha	LG
5pm	*Foam Roll Michelle	LG NEW
5:30pm	Stronger Michelle	LG
6:30pm	*Zumba Tammy	LG
6:30pm	*Barre-lates Tonja	SM

Wednesday		
Time	Class Instructor	Room
6:15am	Get Fit Lizel	LG NEW
8am	Dance Fitness Plus Jacque	LG
9am	Zumba Maysa	LG
10am	*Yoga Maysa	LG
1pm	*Yoga-Active Aging Amber	LG
5:30pm	*Stronger Brittney	LG
6:30pm	High Low Anna	LG
6:30pm	*Yoga-Gentle Rolf	SM

Thursday		
Time	Class Instructor	Room
6:15am (45 min)	Surge Strength Anna	LG
8am	Stronger Barb	LG
8am	Barre Kate	SM NEW
9am	Cycle & Tone Shannon	LG
10am	*Yoga-Fusion Stefani	LG
5:30pm	Cardio Intervals Brittney	LG
6:30pm	*Bolly X Linda	LG
6:30pm	*Barre-lates Tonja	SM

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

Friday		
Time	Class Instructor	Room
7:45am	TRX Circuit Barb	LG NEW
9am	Zumba Maysa	LG
10am	*Yoga Maysa	LG

Saturday		
Time	Class Instructor	Room
8am	Surge Strength Anna	LG
8am	*Barre-lates Tonja	SM
9am	Zumba Maysa	LG
10am	Pop Pilates Brittney	LG
11am	*Deep Stretch Amber	SM

Sunday		
Day	Time/Instructor	Room
10am	*Yoga Elizabeth	LG
11:15am	*Bolly X Linda/Merissa	LG

Water Aerobics	
Tues/Thurs	
Time	Class Instructor
8:30am	*Arthritis Shirley
9:45am	*Arthritis LeAnn
7pm	*Water Aerobics Janet
Saturday	
8:30am	*Water Aerobics Janet
9:30am	*Arthritis Janet

Drop-In Daycare	
Fee: \$3 per hr (2 hr max) Ages: 8 wks-9 yrs	
Times	Days
8-11am	Mon, Tue, Wed, Fri
5:30-7:30pm	Mon, Tue, Wed
8-11am	Sat

**Senior friendly class*

SALT LAKE COUNTY
PARKS & RECREATION

Holladay Lions Rec Center
1661 E Murray Holladay Rd
Salt Lake City, Utah
(385) 468-1700