

Fitness Class Schedule

Effective: November
2025

Monday		
Time	Class Instructor	Room
9 am	Zumba Maysa	Aerobic
10 am	Yoga Maysa	Aerobic
1 pm	Active Aging Yoga Adam	Aerobic

Tuesday		
Time	Class Instructor	Room
6 am	Cycle Sarah	Aerobic
7 am	WERQ Like a Boss Renee	Aerobic
8 am	LaBlast Anna	Aerobic
10 am	Muscle PUMP Maysa	Aerobic
11:30 am	Body Technique/Energy Direction Marsha	Aerobic
6 pm	Zumba Marsha	Aerobic

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

Thursday		
Time	Class Instructor	Room
6 am	Cycle Sarah	Aerobic
8 am	Barre Anna	Aerobic
10 am	Muscle PUMP Maysa	Aerobic
11:15 am	Active Aging Yoga Amber	Aerobic
6:30 pm	WERQ Renee	Aerobic

Friday		
Time	Class Instructor	Room
9 am	Cardio/Strength/ Flexibility BLAST Elizabeth	Aerobic
10:30 am	Yoga Amber	Aerobic

Saturday		
Time	Class Instructor	Room
8:15p m	Functional Yoga Barb	Aerobic

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



Millcreek Rec Center
2266 E. Evergreen Ave
Millcreek, UT 84109
(385) 468-1380