

Fitness Drop-In Schedule

Updated 10/31/2025

Sunday		
Time	Class	Instructor
12 pm–12:30 pm	Static Stretch	Mattie

Monday		
Time	Class	Instructor
5:30 am–6:30 am	Cycle	Jen
11:15 am–12:30 pm	Active Aging Yoga	Adam
12:45 pm–1:45 pm	Body Energy Direction	Marsha
5:15 pm–6 pm	Zumba Express	Marsha
6 pm–7 pm	Cycle	Miguel

Tuesday		
Time	Class	Instructor
8:30 am–9:30 am	Zumba	Gail
10 am–11:30 am	Yoga	Susanne
6 pm–7 pm	Foam Roll	Jen

Wednesday		
Time	Class	Instructor
6 am–7 am	Cycle	Jen Kit
8:30 am–9:30 am	Muscle Works	Sara
9:20 am–9:50 am	Pilates	Sara
10 am–11 am	Sturdy Seniors	Sara
11:15 am–12:30 pm	Active Aging Yoga	Amber
6:15 pm–7:05 pm	Cycle	Miguel

Thursday		
Time	Class	Instructor
6 am–6:45 am	Cycle	Jeannie
11:30 am–12:30 pm	Zumba	Marsha
12:45 pm–1:45 pm	Body Energy Direction	Marsha
5:15 pm–6:15 pm	Zumba	Gail
6:15 pm–7:05 pm	Core Strength	Miguel

Friday		
Time	Class	Instructor
10 am–11:30 am	Yoga	Susanne
12 pm–1 pm	Sturdy Seniors	Mattie
5 pm–6 pm	14-15 y/o Weight Room Cert.	Fitness Attendant Staff

Saturday		
Time	Class	Instructor
7 am–8 am	Cycle	<i>Alternates Weekly</i>
9:30 am–10:30 am	Zumba	Marsha
10:35 am–11:30 am	Zumba Bonus Round	Marsha

Fitness Schedule subject to change.

Please contact the front desk for up-to-date class information.

SALT LAKE COUNTY
PARKS & RECREATION

Salt Lake City Sports Complex

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