

Fitness Schedule

****Fitness Schedule subject to change****

Schedule for Nov 3–Jan 3

Closed: Nov 11, 27, 28 and Dec 25

Early Closure: Dec 24, 31 (open 5 am–2 pm)

Monday		
Time	Class Instructor	Room
5:30 am	Circuit Lisa	Aerobic
6:30 am	Cycle Emily	Aerobic
8 am	Pilates Pam	Dance
8 am	CSI Alle	Aerobic
9 am	TRX Pam	Dance
10 am	Zumba Kimberly	Dance
6 pm	CSI Laurene	Aerobic
7 pm	Zumba Kimberly	Dance
7 pm	Teen Sports Conditioning Emily	Aerobic

Tuesday		
Time	Class Instructor	Room
5:30 am	Step Laurene	Dance
6:30 am	High Fit Melissa	Dance
8 am	Barre Shal	Dance
8 am	Stretch Pam	Aerobic
9 am	Core Shal	Dance
9 am	Circuit Pam	Aerobic
12 pm	TRX Marilee	Dance
7 pm	Zumba Jessica	Dance

Wednesday		
Time	Class Instructor	Room
5:30 am	Muscle Max Lisa	Dance
5:30 am	Cycle Nykelle * 45 min class	Dance
6:30 am	High Fit Samantha	Dance
8 am	CSI Marilee	Aerobic
9 am	LaBlast Kristy	Dance
10 am	Zumba Kimberly	Dance
6 pm	Kickboxing Jill	Aerobic
7 pm	Upbeat Lift Allison	Aerobic

Thursday		
Time	Class Instructor	Room
5:30 am	High/Low Melissa	Dance
6:30 am	Cycle Danielle	Aerobic
7 am	Zumba Sheilah	Dance
8 am	Barre Shal	Dance
8 am	Stretch Amber	Aerobic
9 am	TRX Shal	Dance
9 am	HIIT Alle	Aerobic
10 am	Cycle Shal	Aerobic
12 pm	Muscle Max Marilee	Dance

Friday		
Time	Class Instructor	Room
6:30 am	Barre Melissa	Dance
8 am	Muscle Max Nykelle	Dance
9 am	Cardio Fuse Allison	Dance
10 am	Upbeat Lift Allison * 30 min class	Dance
12 pm	Zumba Jill	Dance

Saturday		
Time	Class Instructor	Room
8 am	TRX Emily	Dance
9 am	Zumba Kimberly	Dance

Senior Classes In Aerobic Room		
Day	Class Instructor	Time
Mon	Circuit Marilee	9 am
Mon	Yoga Marilee	10 am
Tues	Classic Marilee	11 am
Wed	Circuit Sam	9 am
Wed	Yoga Sam	10 am
Thurs	Classic Marilee	11 am
Fri	Circuit Marilee	9 m
Fri	Yoga Marilee	10 am

Holiday Classes

- **November 26 - 6 pm** | Kim (Gym)
Shake your tail feathers
- **November 26 - 7 pm** | Shal (Aerobics)
Beat the feast
- **December 24 - 8 am** | Shal (Gym)
T'was the work out before Christmas



South Jordan Rec Center
10866 S Redwood Rd.
South Jordan, UT 84095
(385) 468-1630

AQUA: Circuit - A full body conditioning class alternating between cardio and strength.

AQUA: The Works - Overall conditioning class adding head to toe muscle toning.

Baare - A high energy experience! Combines yoga, pilates and ballet moves to slim, strengthen, stretch and tone your body.

CSI - A comprehensive workout with intervals of cardio and strength, followed by a total body stretch. Includes a variety of steps, walk/run, hand weights, cycle and jump rope.

Circuit– Increase your overall fitness through a variety of cardio and strength exercises.

Core – A combination of moderate to high intensity cardio, core and strength. Enjoy energy building cardio choreography and muscle strengthening all in one class.

Cycle – Designed to improve cardiorespiratory and muscular endurance. Class includes a variety of terrain that is easy enough for anyone to follow. Proper alignment, body mechanics, and goal specific training will be taught.

High Fitness – Jump and dance your way into fitness! This plyometric dance fusion class will get your heart pounding and your body moving as you turn up the heat in this high intensity class.

High/Low – Come pump up your metabolism, build muscle mass and strengthen those bones! This class is designed to build muscular strength and endurance.

HIIT – This class is a fast paced, fat-burning workout featuring intervals of work and rest. The class format will keep all fitness levels burning calories at their own pace. A full body workout and stretch.

LaBlast – A partner-free ballroom type dance fitness workout from the absolute beginner to the experienced dancer.

Whether you want to tone your body, maintain a healthy lifestyle, learn to dance, or just have a great time!

Muscle Max – Build muscle mass and strengthen bones! This class is designed to build muscular strength and endurance.

Senior Fitness Classes – Classes designed specifically for older adults who want to improve their strength, flexibility, balance and endurance. All classes offer an optional chair used for seated or standing support.

Stretch – A total body stretch class. Strengthen connective tissue and stretch muscles. Designed to improve the elasticity of your muscles as well as restore and reaffirm comfortable muscle tone. The result is a feeling of increased muscle control, flexibility and range of motion.

Tone – This class will push your muscles increasing strength and muscle tone.

TRX – An innovative exercise tool using suspension straps that helps build lean muscle, boost your metabolism, tighten your core and increase your endurance.

Yoga – Yoga helps improve circulation, strengthens muscles, increases flexibility and breath capacity, reduces stress and improves wellbeing. Includes various poses and some meditation/relaxation.

Zumba– Fuses Latin rhythms and international zest with easy to follow moves. Experience calorie burning, heart racing, muscle pumping, body energizing and awe inspiring moves. Routines and resistance are varied to tone and sculpt while burning fat.