

Fitness Class Schedule

Effective:
Nov 1, 2025

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

Friday		
Time	Class Instructor	Room
7:45 am	Sports Conditioning Barb	LG
9 am	Zumba Maysa	LG
10 am	*Yoga Maysa	LG

TUE/THU Water Aerobics	
Time	Class Instructor
8:30 am	*Arthritis Shirley
9:45 am	*Arthritis LeAnn
7 pm	*Water Aerobics Janet

*Senior friendly class

Tuesday		
Time	Class Instructor	Room
6:15 am (45 min)	Surge Strength Anna	LG
8 am	*Muscle Barb	LG
9 am	Cycle & Tone Shannon	LG
9:05 am	*Yoga Barb	SM
10 am	*Body Technique Marsha	LG
5:30 pm	Muscle Michelle	LG
6:30 pm	Zumba Tammy	LG
6:30pm	*Barre Tonja	SM

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

FRI Water Aerobics	
Time	Class Instructor
9 am	*Deep Water & Strength Barb

Wednesday		
Time	Class Instructor	Room
6:15 am	Bolly X Lizel	SM
8am	Cardio Core Jacque	LG
9 am	Zumba Maysa	LG
10 am	*Yoga Maysa	LG
1 pm	*Active Aging Yoga Amber	LG
5:30 pm	Stronger Brittney	LG
6:30 pm	High Low Anna	LG
6:30 pm	*Gentle Yoga Rolf	SM

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

SAT Water Aerobics	
Time	Class Instructor
8:30 am	*Water Aerobics Janet
9:30 am	*Arthritis Janet



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

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

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

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