

# Central City Activity Schedule

Effective: June 1, 2025

Gymnasium	
Open Gym Times	
Monday	7 am–2:00 pm
Tuesday	7 am–9:00 pm
Wednesday	7 am - 2:00 pm
Thursday	7 am - 9 pm
Friday	7 am–1:45 pm 5:15 pm - 8:00 pm
Saturday	9 am - 2 pm
Sunday	No Open Gym
Open Pickleball play	
Monday	6:00 - 8:30 pm

Fitness	
Group Fitness Classes	
Monday	-
Tuesday	Yoga 8 - 9 am
Wednesday	Tone & Stretch 4:30 - 5:15 pm Yoga 5:15 - 6:00 pm
Thursday	Yoga 8 - 9 am
Friday	-
Saturday	Zumba 11 am - 12 pm Yoga 12 pm - 1 pm

Gym Schedule subject to change. Please contact the front desk for updates.



**Central City Recreation Center**

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Salt Lake City, UT 84111  
(385) 468-1550