

# Fitness Class Schedule

Effective: Sept 9 2024

Monday		
Time	Class   Instructor	Room
5:30 am	Spin   Charity	Spin
6 am	Surge Hybrid McElle	Aerobic
7 am	Cardio Barre Heidi	Wasatch
9 am	TRX   Heidi	Wasatch
9 am	HIGH   Heather	Aerobic
9 am	Spin   Sandee	Spin
10:05 am	Surge & Strength Stretch   Karisa	Aerobic
6 pm	Lift   BreeAnn	Aerobic
7 pm	HIGH   Kaytlin	Aerobic

Tuesday		
Time	Class   Instructor	Room
5:15 am	Sports Condition Kim	Aerobic
6 am	Circuit   Jenni	Wasatch
7 am	Spin and Strength Jenni	Spin
9 am	Lift   Karisa	Aerobic
9 am	Spin   BreeAnn	Spin
10:05 am	Vinyasa Yoga BreeAnn	Wasatch
6 pm	Spin   Andrea	Spin
7 pm	Lift   Andrea	Aerobic

Wednesday		
Time	Class   Instructor	Room
5:30 am	Lift   Karissa	Aerobic
5:30 am	Spin   McElle	Spin
6:30 am	Core   Karissa	Wasatch
7 am	HIGH   Jenni	Aerobic
9 am	Cardio Barre Heidi	Wasatch
9 am	Spin and Strength Heather	Spin
10:05 am	High Yo Heather/Jenni	Aerobic
6 pm	Cardio Barre Tyanne	Wasatch
7 pm	Yoga   Tyanne	Aerobic

Thursday		
Time	Class   Instructor	Room
5:15 am	Sports Condition Kim	Aerobic
5:30 am	Spin   Charity	Spin
6 am	TRX   BreAnn	Wasatch
7 am	Surge   Heather	Aerobic
7 am	Sun Rise Yoga BreAnn	Wasatch
9 am	STEP Karisa/Allison	Aerobic
9 am	Spin   Heidi	Spin
10:05 am	Lift   Allison	Aerobic
6 pm	Zumba   Julie	Aerobic
6 pm	Spin   Rachel	Spin
7 pm	LaBlast   Suzanne	Aerobic
8 pm	High Yo   Kaytlin	Aerobic

Friday		
Time	Class   Instructor	Room
5:30 am	Muscle/Core Sam	Aerobic
6 am	HIGH Low   Sam	Wasatch
6 am	Spin   Rachel	Spin
7 am	Muscle Mix Heidi	Aerobic
9 am	TRX   Heidi	Wasatch
9 am	Spin   Sandee	Spin
9 am	Surge Hybrid Karisa	Aerobic
10:05 am	Yoga   Heidi	Wasatch

Saturday		
Time	Class   Instructor	Room
7 am	High   Heather	Aerobic
8 am	Surge Strength Jenni/Heather	Aerobic
8 am	Spin   Rachel	Spin
9 am	Yoga   BreAnn	Wasatch

Senior Classes		
Day	Time/Instructor	Room
Mon	11:30 am Suzanne	Gym
Tue	10 am   Suzanne	Gym
Wed	10 am   Heidi	Gym
Thur	10 am   Jenni	Gym
Fri	10 am   BreeAnn	Gym

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



**JL Sorenson Rec Center**  
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