

Fitness Class/Room Schedule

Effective February 1, 2026

Monday	
Time	Class Instructor
5:30 am	Kickboxing Tiffaney
9 am	Kickboxing Abby
10 am	Functional Yoga Laurie
8 pm	Strength Conditioning Angie

Tuesday	
Time	Class Instructor
5:30 am	20/20/20 Full Body Workout Karissa
8:15 am	Cycle30 Nykelle
9 am	Total Body Strength Jan
6 pm	Cardio Blast Nora
7 pm	Pilates Nora

Wednesday	
Time	Class Instructor
5:30 am	Cardio/Strength Bootcamp Tiffaney
9 am	Upbeat Barre* Gretchen
10 am	Functional Yoga Laurie
8 pm	Strength Conditioning Angie

Thursday	
Time	Class Instructor
5:30 am	Lift Karisa
8:15 am	TRX30 Nykelle
9 am	Cycle/Sculpt Nykelle
6 pm	Total Body Strength Abby
7 pm	Gentle Yoga Camille

Friday	
Time	Class Instructor
5:30 am	Sports Cycling Karisa
9 am	Upbeat Barre* Abby
10 am	Self Paced Strength Kass

Saturday	
Time	Class Instructor
7 am	High Fitness* Natalie
8 am	Yoga Andy Starting 2/21
9 am	Zumba Julie/Tamara

Daily, monthly, and annual passes include Group Fitness classes. Ask about our punch pass!

Drop-In "Playcare" available

- M, W, F: 9–11 am | T & Th: 8–11 am | T & Th: 6–8 pm
- \$3/hr per child



Gene Fullmer Rec Center
8015 S 2200 W
West Jordan, UT 84084
(385) 468-1951

Water Aerobics Schedule

Effective February 1, 2026

Water Aerobics						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Adult Swim Group Lap Swim Technique		Adult Swim Group Lap Swim Technique		Adult Swim Group Lap Swim Technique	
8:15 am	Deep Power/Cardio Bursts Collette		Deep Power/Cardio Bursts Collette		Deep Power Rotating	Deep Power/Cardio Bursts Rotating
9:00 am	Deep Power/Cardio Bursts Colette	Calorie Burn/Cardio Bursts Terri	Calorie Burn/Cardio Bursts Cindy	Deep Power/Cardio Bursts Colette	Deep Power/ Cardio Bursts Colette	TBD



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