

Group Fitness Schedule

Effective: 04/3/2025

Monday & Wednesday

Time	Class
6-7 pm	Cardio Barre Instructor: Becky

Use ballet movements and techniques (dance experience not required) to work core, legs, and upper body. Class uses light weights, bands, exercise balls, and body weight for training. All fitness levels welcome.

Tuesday & Thursday

Time	Class
7-8:30 pm	Yoga Instructors Below

Linda (Tuesday) | **Ana** (Thursday)

Use a variety of yoga techniques to focus on strength, flexibility, balance, and relaxation.

- Vinyasa: Move between yoga postures guided by your breath in this moving meditation form of yoga.

Saturday

Time	Class
8 am	Fit & Strong - Cycling Instructor: Ana

Group exercise riding stationary bikes with a motivating instructor. Classes focus on endurance, interval, speed, play, strength, and performance. All fitness levels welcome.

*All bikes have toe cages, SPD, and LOOK Clips.

Group Fitness & Fitness Room Requirements

Patrons must be 16 yrs+ to attend classes. 14 & 15 year olds can attend classes if they have completed their fitness certification class. Free certification classes offered at SLCo rec centers for free.



All equipment is provided.

All classes included with daily, monthly, or annual pass.

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



For inclusion opportunities: (385) 468-1520/InclusionRec@slco.org

SL SALT LAKE COUNTY
PARKS & RECREATION

Taylorville Rec Center

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