

MONDAY			7-June	14-June	21-June	28-June
5:30	SPRINT		Amy S	Amy S	Brandon R	Amy S
6:00	INTENSE BODY		Cindy	Jane G	Brandon R	Jane G
7:30	RAISEDBARRE (S2)		Ben	Amy F	Ben	Cindy
8:30	BODYCOMBAT		Lindsay D	Amy F	Lindsay D	Jessica
8:30	YOGA (S2)		Julia	Julia	Julia	Julia
8:45	SPRINT		Laura B	Amy G	Linda	Rachel
9:30	PILATES (S2)		Wenda	Wenda	Wenda	Wenda
9:30	GRIT		Amy G	Anna	Mary	Anna
10:30	LOW IMPACT SCULPT		Amy G	Amy G	Brandi	Toni
10:40	SIT & BE FIT (S2)		Michele A	Michele A	Michele A	Michele A
12:15	YOGA (S2)		Tyler P	Tyler P	Kathy	Tyler P
5:00	GRIT		Jeremy	Justin	Jeremy	Jeremy
5:00	SPRINT		Jason	Alissa	Jason	Alissa
5:45	BODYCOMBAT		Kathleen	Kathleen	Fitzgerald	Kathleen
5:45	SPIN		Alissa	Jason	Alissa	Jason
5:45	BODYFLOW (S2)		Rambo	Stephanie	Rambo	Stephanie
6:45	BODYPUMP		Rambo	Jason	Rambo	Michelle Mc
AQUATICS						
9:00	AQUA FITNESS		Beverly	Beverly	Amanda	Beverly
10:15	FLUID MOTION		Lil	Lynn	Lil	Lil
6:00	AQUA FITNESS		Maria	Lil	Maria	Maria
TUESDAY		1-June	8-June	15-June	22-June	29-June
5:30	YOGA SCULPT (S2)	Jennifer E	Michelle E	Jennifer E	Rita	Jennifer E
6:00	SPIN	Nick	Nick	Nick	Nick	Nick
8:30	BODYSTEP	Amy F	Kris	Kris	Brooke	Brooke
8:30	RAISEDBARRE (S2)	Susan M	Susan M	Amy F	Brandi	Cindy
8:30	RPM SPIN	Anna	Els	Amy G	Linda	Els
9:30	BODYPUMP	Anna	Suzanne	Amy G	Suzanne	Els
9:30	BODYFLOW (S2)	Kris	Joanna	Joanna	Brandi	Cindy
11:00	THERAPEUTIC YOGA	Michele A	Michele A	Michele A	Michele A	Michele A
4:30	BODYPUMP	Cindy	Michelle Mc	Cindy	Amy G	Suzanne
5:30	LESMILLS CORE	Cindy	Morgan	Rambo	Jason	Rambo
5:45	SPIN	Ben	Ben	Jeff	Ben	Ben
6:00	BODYATTACK	Lindsey	Morgan	Lindsey	Lindsey	Morgan
6:00	RAISEDBARRE (S2)	Stephanie	Cindy	Rambo	Stephanie	Rambo
7:00	ZUMBA 🙄	Yesika	Jen H	Jen H	Yesika	Yesika
AQUATICS						
9:00	AQUA FITNESS	Brandi	Allison	Beverly	Beverly	Allison
5:45	AQUA FITNESS	Lynn	Maria	Lynn	Lynn	Lynn
WEDNESDAY		2-June	9-June	16-June	23-June	30-June
5:30	PEDAL & PUMP	Sabrina	Katie M	Sabrina	Katie M	Amy G
7:30	RAISEDBARRE (S2)	Amy S	Amy S	Amy S	Ben	Amy F
8:30	GRIT	Toni	Cindy	Anna	Anna	Toni
8:30	YOGA (S2)	Claire	Rita	Hyejin	Claire	Hyejin
9:00	SPRINT	Amy G	Alissa	Laura B	Rachel	Linda
9:30	BODYPUMP	Els	Alissa	Anna	Anna	Els
9:30	PILATES (S2)	Amanda	Amanda	Amanda	Amanda	Amanda
10:30	LOW IMPACT SCULPT	Suzanne	Suzanne	Suzanne	Suzanne	Suzanne
10:30	RAISEDBARRE (S2)	Cindy	Brandi	Michelle C	Brandi	Michelle C
4:45	BODYCOMBAT	Cindy	Fitzgerald	Cindy	Dina	Jessica
5:00	SPRINT	Linda	Laura B	Rachel	Amy G	Rachel
5:45	GRIT	Justin	Jeremy	Justin	Mary	Justin
5:45	SPIN	Linda	Laura B	Jeff R	Amy G	Maria
5:45	POWER YOGA (S2)	JoLynn	JoLynn	JoLynn	JoLynn	JoLynn
6:15	BODYPUMP	Michelle Mc	Morgan	Cindy	Michelle Mc	Rambo
AQUATICS						
9:00	AQUA FITNESS	Allison	Allison	Allison	Allison	Allison
10:15	FLUID MOTION	Michele A	Michele A	Michele A	Michele A	Michele A

THURSDAY		3-June	10-June	17-June	24-June
5:30	YOGA SCULPT (S2)	Sabrina	Sabrina	Sabrina	Sabrina
5:30	SPIN	Christi	Christi	Christi	Christi
6:30	LESMILLS CORE	Christi	Christi	Christi	Christi
8:30	BODYPUMP	Els	Julia	Alissa	Julia
8:30	RAISEDBARRE (S2)	Michelle C	Dina	Michelle C	Michelle C
8:30	RPM SPIN	Cindy	Els	Els	Linda
9:30	BUTTS N GUTS	Michelle C	Dina	Michelle C	Michelle C
9:30	BODYFLOW (S2)	Brandi	Kris	Cindy	Brandi
10:00	ZUMBA	Amber	Jenn H	Jenn H	Naomi
4:30	BODYPUMP	Michelle M	Cindy	Amy G	Michelle Mc
5:30	LESMILLS CORE	Rambo	Jason	Rambo	Jason
5:30	RAISEDBARRE (S2)	Amy F	Cindy	Harper	Brandi
5:45	SPIN	Ben	Ben	Ben	Laura B
6:00	BODYSTEP	Brooke	Jason	Laura B	Jason
7:00	ZUMBA	Yesika	CANCELED	CANCELED	Yesika
AQUATICS					
9:00	AQUA FITNESS	Lynn	Lynn	Lil	Lynn
5:45	AQUA FITNESS	Brandi	Brandi	Lynn	Maria
FRIDAY		4-June	11-June	18-June	25-June
5:30	GRIT	Brandon R	Brandon R	Jeremy	Brandon R
6:00	INTENSE BODY	Jane G	Michelle E	Jane G	Brandon R
7:30	RAISEDBARRE (S2)	Ben	Michelle E	Amy F	Ben
8:30	BODYCOMBAT	Jessica	Kathleen	Fitzgerald	Lindsay D
8:30	SPIN	Amy G	Alissa	Alissa	Alissa
9:30	ZUMBA	Amber	Naomi	Amber	Naomi
9:30	YOGA (S2)	JoLynn	JoLynn	JoLynn	JoLynn
9:30	SPRINT	Amy G	Linda	Rachel	Anna
10:30	LOW IMPACT	Rita	Amy G	Rita	Brandi
12:15	Gentle YOGA (S2)	Callie	Jessica R	Callie	Kathy
AQUATICS					
9:00	AQUA FITNESS	Beverly	Beverly	Lynn	Beverly
10:15	FLUID MOTION	Lynn	Lynn	Lynn	Lynn
SATURDAY		5-June	12-June	19-June	26-June
7:30	BODYPUMP	Katie M	Jason	Morgan	Rambo
8:30	BODYSTEP	Kris	Laura B	Jason	Brooke
8:30	RAISEDBARRE (S2)	Michelle E	Michelle C	Harper	Rambo
8:15	SPIN	Nick	Nick	Nick	Nick
9:30	BODYATTACK	Lindsey	Michelle C	Lindsey	Morgan
9:30	RPM SPIN	Anna	Els	Linda	Linda
9:30	PILATES (S2)	Michelle E	Jesse	Rita	Michelle E
10:30	BODYCOMBAT	Amy F.	Kathleen	Jessica	Cindy
10:30	YOGA (S2)	Jessica R	Teri	Rita	Michelle E
AQUATICS					
9:00	AQUA FITNESS	Lil	Lynn	Brandi	Maria
SUNDAY		6-June	13-June	20-June	27-June
1:30	BODYSTEP	Amy F	Laura B	Happy Father's Day No Group Fitness classes today	Brooke
1:30	BODYFLOW (S2)	Cindy	Rambo		Cindy
1:30	SPIN	Amy G	Linda		Alissa
2:30	BODYPUMP	Amy G	Suzanne		Alissa
3:30	RAISEDBARRE (S2)	Cindy	Rambo		Brandi

WHERE IN THE WORLD IS SWOOSHMAN

Take a selfie with Swooshman

(outside the club - in your garden, on vacation, etc)

- Post to social media and tag Sportsclub
- Allow us to post it

Win a cool prize!

POST A PIC AND WIN!

Canyonlands, Utah

Enter by July 31

MOST CREATIVE

FURTHEST TRAVELED

MOST LIKES



HAPPY FATHER'S DAY

CLUB HOURS:
 Normal Opening
 Time - 5pm
 No Group Fitness Classes
 No Childcare