

MONDAY			7-Jun	14-Jun	21-Jun	28-Jun
5:15	SPIN - 50 mins		Christi	Christi	Christi	Christi
5:30	CHISELED		Angie	Angie	Angie	Angie
8:30	BODYATTACK		Cindy	Michelle C.	Dina	Michelle C.
8:30	SPIN		Angie	Angie	Angie	Angie
8:30	ADV. YOGA (MB)		Susan	Susan	Teri	Jay
9:30	BODYPUMP		Alissa	Els	Sarah V	Sarah V
9:30	PILATES (MB)		Rita	Rita	Rita	Rita
9:30	SPRINT		Anna	Rachel	Rachel	Laura
10:30	ZUMBA		Amber	Naomi	Amber	Yesika
10:30	YOGA (MB)		Rita	Mary	Rita	Mary
5:30	GRIT		Justin	Jeremy	Toni	Mary
6:00	SPIN		Jeff	Jeff	Jeff	Jeff
6:00	PILATES (MB)		Laura	Laura	Lisa	Lisa
6:45	ZUMBA		Angela	Angela	Yesika	Angela
7:00	YOGA (MB)		Laura	Jessica R	Rita	Michelle E
AQUATICS						
9:00	AQUA FITNESS		MaryAnn	MaryAnn	MaryAnn	Sandy
10:00	POOLATES		MaryAnn	* NO CLASS	MaryAnn	Sandy
6:15	AQUA FITNESS		Lynn	Sandy	Lynn	Lynn
TUESDAY		1-Jun	8-Jun	15-Jun	22-Jun	29-Jun
5:15	PUMP AND RUN	Christi	Christi	Christi	Christi	Christi
5:30	SPRINT	BJ	Sarah N	BJ	Alissa	Brandon R
6:00	AB BLAST	BJ	Sarah N	BJ	Alissa	Brandon R
8:30	INTENSE BODY	Lorri	Lorri	Lorri	Lorri	Lorri
8:30	YOGA SCULPT (MB)	Anne Marie	Anne Marie	Anne Marie	Anne Marie	Anne Marie
9:00	EXTREME SPIN	Laura	Alissa	Alissa	Alissa	Laura
9:30	BODYCOMBAT	Pam	Cindy	Jessica	Dina	Amy F
9:30	BASIC YOGA (MB)	Anne Marie	Rita	Anne Marie	Wenda	Hyejin
10:30	LES MILLS CORE	Pam	Cindy	Christi	Dina	Amy F
11:00	ZUMBA	Yesika	Jenn H	Amber	Kathy	Naomi
12:00	LOW IMPACT SCULPT	Suzanne	Suzanne	Suzanne	Suzanne	Kathy
4:30	INTENSE BODY	Laura	Laura	Laura	Laura	Laura
5:45	BODYCOMBAT	Kathleen	Kathleen	Kathleen	Fitzgerald	Kathleen
6:00	SPIN	Maria	Laura	Sarah N	Laura	Angie
6:45	BODYPUMP	Morgan	Rambo	Morgan	Michelle M	Michelle M
6:45	BASIC YOGA (MB)	Jessica R	Wenda	Wenda	Mary	Mary
AQUATICS						
9:00	NOODLE BUFF	Lil	Lil	Lil	Lil	Lil
WEDNESDAY		2-Jun	9-Jun	16-Jun	23-Jun	30-Jun
5:30	GRIT	Brandon R	Brandon R	Jeremy	Brandon R	Brandon R
5:30	SPIN	Jane	Laura	Jane	Laura	Jane
8:30	BODYPUMP	Suzanne	Els	Amy G	Alissa	Anna
8:30	SPIN	Michelle C	Angie	Michelle C	Michelle C	Michelle C
8:30	POWER YOGA	Wenda	Wenda	Anne Marie	Callie	Anne Marie
9:30	BODYJAM	Lindsay	Jesse	Lindsay	Jesse	Lindsay
9:30	SPRINT	Sarah N	Rachel	Amy G	Alissa	Anna
9:30	PILATES W/PROPS (MB)	Wenda	Wenda	Michelle E	Michelle E	Michelle E
10:30	CHISELED	Sarah N	Laura	Michelle E	Michelle E	Laura
5:30	BODYPUMP	Morgan	Amy G.	Rambo	Morgan	Sarah V
6:30	LES MILLS CORE	Morgan	Amy F	Rambo	Morgan	Amy F
6:00	SPIN	Amy G	Sarah N	Sarah N	Sarah N	Laura
7:00	ZUMBA	Shelley	Jenn H	Shelley	Shelley	Shelley
7:00	BODYFLOW (MB)	Rambo	Stephanie	Stephanie	Rambo	Stephanie
AQUATICS						
9:00	AQUA FITNESS	Christi	Christi	Christi	Lynn	Lynn
6:15	WATER JOGGING	Sandy	Sandy	Lynn	Sandy	Sandy

*10:00 am Poolates Class
Cancelled June 14 & 18
due to Swim Camp

THURSDAY		3-Jun	10-Jun	17-Jun	24-Jun
5:15	CIRCUIT 2K	Angie	Angie	Angie	Angie
8:30	BODYCOMBAT	Jessica	Cindy	Amy F	Dina
8:30	YOGA SCULPT (MB)	Rita	Susan	Rita	Anne Marie
8:30	INTRO TO SPIN	Christi	Christi	Christi	Christi
8:45	SPIN	Christi	Christi	Christi	Christi
9:30	GRIT	Amy G	Cindy	Toni	Mary
9:30	YOGA (MB)	Teri	Teri	Rita	Anne Marie
10:30	LOW IMPACT SCULPT	Amy G	Suzanne	Toni	Kathy
11:30	ZUMBA	Yesika	Naomi	Amber	Jenn H
4:30	BODYCOMBAT	Jessica	Dina	Cindy	Lindsay
5:45	GRIT	Jeremy	Justin	Mary	Justin
5:45	INTRO TO SPIN	Jeff	Jeff	Jeff	Jeff
6:00	SPIN	Jeff	Jeff	Jeff	Jeff
6:45	BODYPUMP	Katie M	Amy G	Suzanne	Rambo
6:45	PILATES (MB)	Jesse	Jesse	Jesse	Jesse
7:45	BODYJAM	Jesse	Jesse	Jesse	Jesse

AQUATICS					
9:00	AQUA FITNESS	Allison	Allison	Allison	Allison

FRIDAY		4-Jun	11-Jun	18-Jun	25-Jun
8:30	BODYPUMP	Brandon R	Els	Amy G	Els
8:30	YIN YANG YOGA (MB)	Susan	Susan	Jay	Jay
8:45	SPRINT	Laura B	Rachel	Laura	Linda
9:30	BODYSTEP	Brooke	Amy F	Kris	Laura
9:30	RPM SPIN	Cindy	Els	Amy G	Els
9:30	PILATES (MB)	Jesse	Jesse	Jesse	Jesse
10:30	BODYJAM	Jesse	Jesse	Jesse	Jesse
10:30	RESTORATIVE YOGA (MB)	Wenda	Callie	Teri	Rita
5:45	BODYPUMP	Rambo	Rambo	Rambo	Rambo

AQUATICS					
9:00	AQUA FITNESS	MaryAnn	MaryAnn	MaryAnn	Sandy
10:00	POOLATES	MaryAnn	MaryAnn	*NO CLASS	Sandy

SATURDAY		5-Jun	12-Jun	19-Jun	26-Jun
8:30	BODYCOMBAT	Amy F	Kathleen	Dina	Jessica
8:30	SPIN	Jeff	Maria	Jeff	Beth
8:30	POWER YOGA (MB)	Teri	Anne Marie	Mary	Teri
9:30	EXTREME SPIN	David	Alissa	Alissa	Alissa
9:30	BODYPUMP	Sarah V	Rambo	Anna	Els
9:30	PILATES	Laura	Wenda	Jesse	Jesse
10:30	BODYJAM	ZUMBA/Yesika	Lindsay	Jesse	Jesse
10:30	YOGA SCULPT (MB)	Sabrina	Anne Marie	Sabrina	Rita

AQUATICS					
9:00	AQUA FITNESS	Allison	Lil	Sandy	Lynn

SUNDAY		6-Jun	13-Jun	20-Jun	27-Jun
9:00	SPIN	David	Beth	HAPPY FATHERS DAY NO GF CLASSES TODAY	Jeff
2:00	BODYPUMP	Rambo	Morgan		Suzanne
2:15	SPIN	Beth	Jeff		Beth
3:15	BODYFLOW (MB)	Rambo	Stephanie		Rambo

Kiss them goodbye:
Class Passes
that were implemented
post-Covid are no
longer needed.
Spin and Raised Barre
classes still require
a pass.
**Class times are back
to full hours.**

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