

GROUP FITNESS SCHEDULE

MONDAY

		Capacity	LOCATION
8:30 AM	*HIGH Fitness	30	The Park Center Gym
8:30 AM	Outdoor Aqua Fit Class	18	Murray Aquatic Center
5:30 PM	*Yoga <i>Must bring own mat.</i>	10	The Park Center Studio

TUESDAY

		Capacity	LOCATION
6:15 PM	Outdoor Aqua Fit Class	18	Murray Aquatic Center

WEDNESDAY

		Capacity	LOCATION
8:30 AM	*Cardio Dance	30	The Park Center Gym
8:30 AM	Outdoor Aqua Fit Class	18	Murray Aquatic Center
5:30 PM	*HIGH Fitness	30	The Park Center Gym

THURSDAY

		Capacity	LOCATION
6:15 PM	Outdoor Aqua Fit Class	18	Murray Aquatic Center

FRIDAY

		Capacity	LOCATION
8:30 AM	*CORE <i>Must bring own mat.</i>	10	The Park Center Studio
8:30 AM	Outdoor Aqua Fit Class	18	Murray Aquatic Center

PRICES

\$7 Single Class
\$50 10 Pack

Classes are 55 minutes long unless indicated

Classes are first come first serve.
Please sanitize your hands upon entering.
Mask required for entering and exiting.

KIDZONE HOURS

MONDAY 8:30am - 10:30am / 5:30pm-7pm
TUESDAY 8:30am - 10:30am / 5:30pm-7pm
WEDNESDAY 8:30am - 10:30am / 5:30pm-7pm
THURSDAY 8:30am - 10:30am
FRIDAY 8:30am - 10:30am

NO CHILDREN UNDER 2 YEARS OLD.

KIDZONE CHILDCARE RATES

\$3 Single Hour
\$25 One 10 hour punch card
\$40 Two 10 hour punch card (20 hours total)

NOTE: 1st hour FREE for children on ANNUAL Park Center Membership ages 2-9. Advance RESERVATIONS REQUIRED to insure a spot.

State Licensing determines child ratio.
* indicates KIDZONE is open.



MURRAY CITY UTAH



**Schedule Effective
7-13-2020**

www.murray.utah.gov 801-284-4200

FITNESS CLASS DESCRIPTIONS

CARDIO DANCE

Cardio Dance gives you a full-body aerobic workout, toning and shaping your muscles through specific high and low impact movements, incorporating Hip Hop, Latin, Swing, Bollywood and other dance styles. All fitness levels welcome.

CORE

A Pilates based core class that is designed to create muscle balance, inner core strength, proper body alignment & muscle mechanics. Techniques that will balance, lengthen and strengthen mind and body. Must be able to get on the floor.

HIGH FITNESS

Expect strong, simple, easy-to-follow choreography with plyometric-type interval training moves. Low, concentrated, full-body toning moves that sculpt you from top to bottom. Fun, motivating music from all genres that you will LOVE!

YOGA

Yoga focuses on flexibility, strength and balance while improving your posture, breathing patterns and misalignments common for most of the population.

OUTDOOR AQUA WORKOUTS

AQUA FIT

Whether you are looking for a new fitness challenge or low impact workout that is easy on your joints, water workouts are an excellent way to get cardio and strength training all in one class. Due to the need of physical distancing all aqua classes are designed for deep water, but can be modified in the shallow

GROUP FITNESS ETIQUETTE

- Admission is "first come first serve"
- You must be on time to attend classes.
- Rings will be given out 15 minutes in advance. 1 Ring per participant provided for each entry.
- No saving places or taking extra rings
- If you arrive more than 5 minutes after class start time you will not be admitted.
- Plan to attend the entire class.
- Let your instructor know if you are new to a class or if you have limitations.
- Classes are designed for ages 16 +.
- We do not allow infants, toddlers, or children in our studios/pools during classes.
- Due to physical distancing our fitness classes are limited.
- PLEASE No talking, distractions or cell phone use during classes.

Classes are 55 minutes long unless indicated

Classes subject to change