

GROUP FITNESS SCHEDULE Effective June 6, 2022

MONDAY		
8:30 AM	TRX	Becky
9:30 AM	High Fitness	Holli
10:45 AM	Easy Does It	Becky
4:30 PM	Yoga <i>(please bring own mat)</i>	Julie J
6:00 PM	*Pop Pilates <i>(please bring own mat)</i>	Marlene
6:00 PM	*Spinning	Marci
TUESDAY		
5:45 AM	Spinning	Becky
9:00 AM	*Spinning	Marlene
9:30 AM	*LIFT 101	Marci
6:00 PM	*Total Body Fitness	Whitney
7:00 PM	Bolly X Dance	Marissa/Linda
WEDNESDAY		
9:00 AM	*Pop Pilates <i>(please bring own mat)</i>	Victoria
10:45 AM	Easy Does It	Thelxi
6:00 PM	*TRX	Brittany
THURSDAY		
5:45 AM	Spinning	Emily
8:30 AM	Total Body Cond.	Deb
9:30 AM	*Yoga <i>(please bring own mat)</i>	Julie J
10:45AM	Easy Does It	Thelxi
5:30 PM	*Spinning	Whitney
6:30 PM	*Yoga <i>(please bring own mat)</i>	Danae
FRIDAY		
9:00 AM	*Spinning	Whitney
9:00 AM	*TRX	Julie K
SATURDAY		
7:15 AM	Spinning	Emily
8:30 AM	Yoga <i>(please bring own mat)</i>	Julie J
9:30 AM	TRX	Rachel

MONDAY		
9:00 AM	* OUTDOOR Aqua Fit Deep	Julie K.
6:00 PM	*Aqua Fit Shallow	Carrie
TUESDAY		
9:00 AM	* OUTDOOR Aqua Fit Deep	Katie
9:00 AM	*Aqua Fit Shallow	Julie K.
6:15 PM	* OUTDOOR Aqua Fit Deep	Marlene
WEDNESDAY		
9:00 AM	* OUTDOOR Aqua Fit Deep	Thelxi
6:00 PM	*Aqua Fit Shallow	Julie S.
THURSDAY		
9:00 AM	* OUTDOOR Aqua Fit Deep	Marlene
9:00 AM	*Aqua Fit Shallow	Thelxi
6:15 PM	OUTDOOR Aqua Fit Deep	Becky
FRIDAY		
8:00 AM	Aqua Dance	Robb
9:00 AM	*Aqua Fit Deep	Carrie

AQUA FIT The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness – aerobic training, muscle strength and endurance, flexibility and body composition.

KIDZONE HOURS

MONDAY	8:30 -11 am & 5:30-7:30 pm
TUESDAY	8:30 -11 am & 5:30-8 pm
WEDNESDAY	8:30 -11 am & 5:30-7:30 pm
THURSDAY	8:30 -11 am
FRIDAY	8:30 -11 am

KIDZONE CHILDCARE RATES

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



MURRAY CITY UTAH

Updates on social media and web site. Classes and schedule are subject to change due to staffing & capacity.

NOTE: 1st hour FREE for children on ANNUAL Park Center Membership ages 2-9. State Licensing determines child ratio. * indicates KIDZONE is available. RESERVATIONS ARE REQUIRED 801-284-4258. No off-site service available.