

LAND GROUP EXERCISE



April 1, 2018 -
May 27, 2018

MONDAY

5:35am

BOOTCAMP

8:00am

SENIOR STRENGTH

9:00am
TRX (45 minutes)

9:00am
CARDIO DANCE

10:05am (45 minutes)
PILATES

5:30pm (55 minutes)
PUMP-N-TONE

6:30pm (45 minutes)
PILATES

TUESDAY

5:35am

T.B.C.

8:00am

TRX Strength & Balance

8:00am (45 minutes)
CHAIR YOGA

9:00am
CYCLE 'N' CORE

9:00am
GENTLE YOGA

10:05am
BARRE

5:30pm (45 minutes)
INDOOR CYCLE

6:30pm (35 minutes)
TRX HIIT

WEDNESDAY

5:35am

BOOTCAMP

9:00am

T.B.C.

10:05am (45 minutes)
PILATES

5:30m (45 minutes)
INDOOR CYCLE

6:30pm (45minutes)
TRX

THURSDAY

5:35am

HIIT/Core & Stretch

8:00am

TRX Strength & Balance

9:00am
STEP 'N' SCULPT

9:00am
YOGA

10:05am
BARRE

5:30pm (55 minutes)
PUMP-N-TONE

6:30pm (55 minutes)
YOGA

FRIDAY

5:35am

BOOTCAMP

5:35am

INDOOR CYCLE

8:00AM

SENIOR STRENGTH

9:00am (45 minutes)
TRX STRENGTH

9:00am
PUMP-N-TONE

10:05am (45 minutes)
PILATES

SATURDAY

8:30am -9:15am

INDOOR CYCLE

9:30am-10:15am

INSTRUCTOR CHOICE

10:30am
ZUMBA



The system works by having members wear a heart-rate monitoring belt that sends their readings to a screen in the designated Myzone classes in real-time. Through a series of personalized, color-coded tiles, users always know precisely what heart-rate zone they are in at any given moment during their workout, allowing them to put in optimum effort to obtain maximum results.

Myzones are available to purchase at the SLCFAC front desk for \$129. Each Myzone purchase includes either (1) 10 class group exercise package or (1) half hour personal training session.

Fitness For Life...
Fitness For All!

WATER GROUP EXERCISE



April 1, 2018-

May 27, 2018

MONDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

TUESDAY

8:00am

GENTLE WAVES (Shallow)

9:00am

WATER WARRIORS
(Deep Water)

5:45pm-6:30pm

SWIM FIT

5:45pm (45 minutes)

SHALLOW H2O

6:30pm (45 minutes)

DEEP WATER

WEDNESDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

THURSDAY

8:00am

GENTLE WAVES (Shallow)

9:00am

WATER WARRIORS
(Deep Water)

5:45pm (45 minutes)

SHALLOW H2O

6:30pm (45 minutes)

DEEP WATER

FRIDAY

8:00am

GOING DEEP

8:00am

SHALLOW H2O

9:00am

DEEP WATER

9:00am

SHALLOW H2O

10:00am

SHALLOW H2O

SATURDAY

8:00am

SWIM FIT

CLASS PACKAGES

\$30 Ten Classes

\$55 Quarterly

\$110 Semi-Annual

WEATHER ALERTS

If thunder or lighting are present, the SLCFAC will close pools, hot tub and steam sauna until 30 minutes after the last strike of lighting or thunder.

FACILITY HOURS

Monday-Friday

5:05am-9:30pm

Saturday

7:30am-7pm

Sunday

10am-6pm

www.slcfac.com

616-847-5858