

# 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**

## 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 (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](http://www.slcfac.com)  
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