

LAND GROUP EXERCISE



May 28, 2018-
September 1, 2018

MONDAY

5:35am

BOOTCAMP

8:00am

ACTIVE STRENGTH TRAINING

9:00am

TRX (45 minutes)

9:00am

INSTRUCTOR CHOICE

10:05am (45 minutes)

PILATES

12:15pm

HIIT 30 (30 minutes)

5:30pm (55 minutes)

PUMP-N-TONE

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

10:15am

GENTLE STRETCH & STRENGTH

6:30pm (35 minutes)

TRX HIIT

WEDNESDAY

5:35am

BOOTCAMP

9:00am

T.B.C.

10:05am (45 minutes)

PILATES

12:15pm

HIIT 30 (30 minutes)

5:30pm (55 minutes)

PUMP-N-TONE

THURSDAY

5:35am

HIIT/Core & Stretch

8:00am

TRX Strength & Balance

9:00am

CARDIO SCULPT

9:00am

YOGA

10:05am

BARRE

10:15am

GENTLE STRETCH & STRENGTH

FRIDAY

5:35am

INDOOR CYCLE

8:00AM

ACTIVE STRENGTH TRAINING

9:00am (45 minutes)

TRX STRENGTH

9:00am

T.B.C.

10:05am (45 r

PILATES



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



May 28, 2018-

September 1, 2018

MONDAY

8:00am
DEEP WATER

8:00am
SHALLOW WATER

9:00am
DEEP WATER

9:00am
SHALLOW WATER

10:00am
SHALLOW WATER

TUESDAY

8:00am
GENTLE WAVES (Shallow)

9:00am
WATER WARRIORS
(Deep Water)

5:45pm (45 minutes)
SHALLOW WATER

6:30pm (45 minutes)
DEEP WATER

WEDNESDAY

8:00am
DEEP WATER

8:00am
SHALLOW WATER

9:00am
DEEP WATER

9:00am
SHALLOW WATER

10:00am
SHALLOW WATER

THURSDAY

8:00am
GENTLE WAVES (Shallow)

9:00am
WATER WARRIORS
(Deep Water)

5:45pm (45 minutes)
SHALLOW WATER

6:30pm (45 minutes)
DEEP WATER

FRIDAY

8:00am
DEEP WATER

8:00am
SHALLOW WATER

9:00am
DEEP WATER

9:00am
SHALLOW WATER

10:00am
SHALLOW WATER

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-9pm
Saturday
7:30am-6pm
Sunday
10am-3pm

www.slcfac.com
616-847-5858