

# Fitness Class/Room Schedule

Effective: June 30, 2025

Monday	
Time	Class   Instructor
5:30am	Kickboxing   Tiffany
9 am	Kickboxing   Abby
10am	Functional Yoga   Laurie
8pm	Strength Training   Angie

Tuesday	
Time	Class   Instructor
5:30am	20/20/20 Full Body Workout   Karissa
8:15am	Cycle20   Nykelle
9am	Total Body Strength   Jan
7pm	HIGHLOW*   Melissa
8pm	Gentle Yoga   Madelyn

Wednesday	
Time	Class   Instructor
5:30am	Cardio/Strength Bootcamp   Tiffany
9am	Upbeat Barre*   Gretchen
10am	Functional Yoga   Laurie
8pm	Strength Training   Angie

Thursday	
Time	Class   Instructor
5:30am	Lift   Karisa
8:15am	TRX30   Nykelle
9am	Cycle/Sculpt   Nykelle
6pm	Total Body Strength   Abby
7pm	Yoga   Camille
8:15pm	High Fitness   Natalie

Friday	
Time	Class   Instructor
5:30am	Sports Cycling   Karisa
9am	Upbeat Barre*   Melissa
10am	Self Paced Strength   Pass

Saturday	
Time	Class   Instructor
7am	High Fitness*   Natalie
9am	Zumba   Julie/Tamara

Daily, monthly, and annual passes include Group Fitness classes. Ask about our punch pass!

Drop In "Playcare" available

- M,W,F: 9 -11 am | T&TH: 8 - 11 am | T&TH: 6 - 8 pm
- \$3/hr per child



**Gene Fullmer Rec Center**

8015 S 2200 W

West Jordan, UT 84084

(385) 468-1951

# Water Aerobics Schedule

Effective: June 30, 2025

Water Aerobics						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 am	Adult Swim Group Lap Swim Technique		Adult Swim Group Lap Swim Technique		Adult Swim Group Lap Swim Technique	
7:00 am		OUTDOOR Deep Power Terri				
8:00 am	Deep Power/Cardio Bursts Colette	OUTDOOR Deep Power Terri	Deep Power/Cardio Bursts Colette	OUTDOOR Deep Power Trinette	Deep Power Rotating	Deep Power/Cardio Burn Rotating
9:00 am	Deep Power/Cardio Bursts Colette	Calorie Burn/Cardio Bursts Terri	Cardio Burn/Anchored Down Cindy	Deep Power/Cardio Bursts Colette	Deep Power/ Cardio Bursts Colette	TBD



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