



Group Fitness Schedule 2024

Gene Fullmer Fitness & Recreation Center

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

Drop In "Playcare" available M-F 9-11 AM and T-TH 6-8PM. \$3/hr per child

Schedule effective **AUGUST 4th, 2024**

LAND CLASSES- All classes are held in our aerobics room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	KICKBOXING Tiffany	20/20/20 FULL BODY WORKOUT Karisa	CARDIO/STRENGTH BOOTCAMP Tiffany	LIFT Karisa	SPORTS CYCLING Karisa	HIGH FITNESS® Natalie *CLASS STARTS AT 7AM
6:30 AM	NEW TIME! UPBEAT BARRE® Melissa					
8:15 AM		NEW 30 MIN CLASS! Cycle30 Nykelle		NEW 30 MIN CLASS! TRX30 Nykelle		
9:00 AM	KICKBOXING Abby	TOTAL BODY STRENGTH Jan	UPBEAT BARRE® Gretchen	CYCLE/SCULPT Nykelle	UPBEAT BARRE® Melissa	ZUMBA® Julie/Tamara
10:00 AM	FUNCTIONAL YOGA Laurie		FUNCTIONAL YOGA Laurie	SURGE STRENGTH/ Self paced strength Rotating Instructors	SELF PACED STRENGTH Kass	
6:00 PM				TOTAL BODY STRENGTH Abby		
7:00 PM		HIGHLOW® Melissa		Yoga Starting Sept. 5th		
8:00 PM	Strength Conditioning Angie			HIGH FITNESS® Natalie *CLASS STARTS AT 8:15pm		

WATER CLASSES- All classes are held in the lap pool **STARTING August 19th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		Adult Swim Group Lap Swim Technique Starting September 3rd		Adult Swim Group Lap Swim Technique Starting September 3rd		
8:00 AM	DEEP POWER/CARDIO BURSTS Trinette	DEEP POWER/CARDIO BURSTS Terri	DEEP POWER/CARDIO BURSTS Cindy	DEEP POWER/CARDIO BURSTS Trinette	DEEP POWER Rotating	DEEP POWER/CARDIO BURN Rotating
9:00 AM	DEEP POWER/CARDIO BURSTS Colette	CALORIE BURN/CARDIO BURSTS Terri	CALORIE BURN/ANCHORED DOWN Cindy	DEEP POWER/CARDIO BURSTS Colette	DEEP POWER/CARDIO BURSTS Colette	TBD

	Group Fitness & Fitness Room Requirements	Holiday Hours
	Patrons must be 16 yrs+ to attend classes. 14 & 15 year olds can attend classes if they have completed our free certification class. Certification classes are offered on the 2nd Saturday of each month from 9:30-10:30 AM and are open to anyone 14 years and older.	Check online, inquire at the front desk, and/or check our Facebook page for holiday hours.
8015 S 2200 W, West Jordan UT 84088 385-468-1951 slco.org/gene-fullmer FB @genefullmerrecreationcenter		

CLASS DESCRIPTIONS

Barre® & Upbeat Barre®	Barre uses a combination of movements based on ballet, dance and Pilates and to strengthen your core and sculpt your body. High levels of reps along with a variety of motion exercises will keep you coming back for more!
Cycle/Sculpt	Get ready to ride and shape your body all in one class! This class is specifically tailored to fit all levels of fitness and will provide a cardio training and toning combination that will leave you feeling your absolute best!
HIGH Fitness® & HighLow®	HIGH Fitness® & HighLow® are steady paced cardio workouts tailored to you! These classes use a specific set of moves to each song so you can learn the workout & know it when you hear that song again! High Fitness® keeps your heart in a manageable yet constant and challenging, aerobic state for the majority of the class. HighLow® includes lower impact movements that provide less stress on the joints while promoting overall health.
Kickboxing	We'll provide the gloves and you provide the will power for a great mix of cardio and strength training!
Cycle 30 and TRX 30	Cycle30-This 30 min class has you spinning on an indoor bike with an exercise format that will deliver the high-cardio training your heart needs and the strength your muscles crave in just 30 minutes. TRX30-This 30 min class provides strength with the use of TRX straps. Your own body weight will help you tone and work those muscles for a total body workout! The 30 min format is an all inclusive in and out workout that can fit any schedule!
Total Body Strength	Total Body Strength is the perfect way to build muscle by using a variety of resistance methods! Come to each class ready to use different weights, bands, kettlebells and suspension straps to help you reach your goals!
Sports Cycling	You don't just sit and ride in this class! Sports Cycling combines a cross training format that uses interval training on spin bikes as well as conditioning using the gym, track, stairs and chin up bars! Burn more calories and lots of fun with this one!
Surge Strength	Surge Strength is a high-rep, targeted weight training workout that will leave you feeling lean and strong! Muscle focused, high repetition strength training tracks, using dumbbells and your own bodyweight will strengthen, shape and define every muscle in your body. Popular music driven highs and lows combined with a motivating group atmosphere will get your muscles surging to push you to your personal best. Feel the surge!
20/20/20	Looking for a full body, ultimate fat burning challenge? This hour will fly by as you get 3 types of classes packed into one! Sweat through 20 minutes of cardio, 20 minutes of interval training, and 20 minutes of strength or core/stretching. Start the day right and push yourself to the limits with 20/20/20!
Cardio/Strength Bootcamp	This non-choreographed class is inspired by athletes that use universal lifting techniques for strength training and challenging cardio sets. A wide variety of equipment will be used. Options given for all levels of fitness.
Gentle Yoga & Evening Yoga	Gentle yoga uses slow, methodical yoga sequences and restorative poses are incorporated to gently open the body and allow muscles to relax. Participants may practice breathing exercises, visualizations, and mindfulness. Great for beginners and those who enjoy a meditative experience. Evening yoga uses stretching and yoga poses to build balance and strength in your core and throughout your body. It will provide a calming atmosphere to help you find that solitude before bedtime. Bring your own yoga mat or let us provide one for you!
LIFT	You will reach new muscle building heights with our LIFT class! Come use hand weights, bands, kettlebells and suspension straps to build and tone. The perfect compliment to any cardio based workout.
Zumba®	Zumba® fuses hypnotic Latin rhythms & easy to follow moves to create a one of a kind fitness program that will blow you away. Do not come if you don't want to have fun!
Water	Classes in the water relieve pressure from joints while still increasing your heart rate. Classes are done in shallow and deep water while using noodles, water belts and more.
Adult Swim Group	Lap Swimming Class to practice technique and endurance in all strokes. This class focuses on endurance and will challenge you to increase your heart rate!

ALL INSTRUCTORS ARE TRAINED AND CERTIFIED BY NATIONALLY ACCREDITED FITNESS ORGANIZATIONS.

We want you to feel comfortable in our classes! Our instructors are friendly, knowledgeable, and teach to all skill levels. If you are new to a class, please come early and let the instructor know so they can help you get set up and ready to go!