



# TAYLORSVILLE RECREATION GROUP FITNESS CLASSES

Taylorsville Recreation Center 4948 SOUTH 2700 WEST Taylorsville, Utah 84129

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM						Fit & Strong- Cycling (Ana)
5:30 PM			Cardio Barre (Becky)			
6:00 PM	Cardio Barre (Becky)					
7:00 PM		Yoga (Linda)		Yoga (Ana)		

Please Check-In at the Front Desk for Class Location.

Participants can bring their own Mat, Towel, or any additional equipment if needed. We can provide extra equipment as well.



## Group Fitness Class Descriptions

**Barre:** Blend of Pilates (core strengthening), Ballet (leg work), and Yoga (flexibility) to strengthen the entire body.

**Fit& Strong- Cycling:** Classes alternate High gear, Hills & Climbing, and Intervals so that each class you get a different workout. Incorporates conditioning, strength, and stretching.

**Yoga:** A combination of deep breathing and stretching, yoga will not only help release tension and stress, but it also helps to build tone, improve balance, and prevent injuries.