

FITNESS SUMMER SCHEDULE - updated 7/31/19

Classes are for 14+ unless otherwise noted



	MONDAY					TUESDAY						WEDNESDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	OUTDOOR	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE
5:00AM		RIP Kellie					RIP Kellie									
6:00AM	RIP Lauren	ZUMBA TONING Alisa	CYCLE ZONE Amy		FIELDHOUSE FITNESS Spencer	POWER YOGA Chenaë	RIP Lindsey	CYCLE Andrea		AQUA ZUMBA* Amanda	WEIGHT TRAINING Spencer	ZUMBA Alisa	RIP Amy W	CYCLE Becky	SHALLOW* Alice	TRX/HIT & MOBILITY Lindsey
7:00AM				SHALLOW WATER* Alice				CYCLE Stacey		DEEP WATER** Lorraine					SHALLOW WATER* Alice	
8:00AM	HIGH FIT Lily	RIP Julie		DEEP WATER** Lorraine			VINYASA FLOW Melissa		AQUA ZUMBA****			HIGH FITNESS Madison	RIP Julie		DEEP WATER** Lorraine	
8:10AM				SENIOR WELLNESS* Julie											SENIOR WELLNESS* Bonnie	
9:00AM	POWER YOGA Heather	ZUMBA Triana	CYCLE Marin		FIELDHOUSE FITNESS Maria	ZUMBA Jamee	HIGH FIT Loni	CYCLE Lauren			30 HIT 30 WEIGHTS Rachel	GENTLE VINYASA DeLene	ZUMBA Elaine	CYCLE Natalie		WEIGHT TRAINING Jared
10:00AM	ZUMBA GOLD Tiffany	PUMP Heather				PILATES FUSION Tonia	RIP Brittany					ZUMBA GOLD Liz	PUMP Kellie			
11:00AM	YOGA KIDS (ages 4-14)	RESTORATIVE YOGA Kat				SILVER SNEAKERS Alice				MASTERS SWIM*** Justin		YOGA KIDS (ages 4-14) Maria	RESTORATIVE YOGA DeLene			
12:00PM	BARRE Alicia			AQUA ZUMBA*** Jodi						SENIORS/DEEP** Lorraine		BARRE Alicia			AQUA ZUMBA*** Jodi	
				SENIORS/SHALLOW* Lorraine											SENIORS/SHALLOW* Emily	
4:00PM							HIGH FIT Lily									
5:00PM	YOGA Shawn	HIGH FIT Lexi					PUMP Drew					YOGA Shawn	HIGH FIT Vicki			
6:00PM	U-JAM Kim	INSANITY Felisha	CYCLE Mary		WEIGHT TRAINING Cody	SHORT PRIMARY SERIES YOGA Cindy	ZUMBA STEP Lindsay	CYCLE Drew			OLYMPIC STYLE WEIGHT LIFTING Mike	PIYO Kristen	STRONG Kathryn/Janessa	CYCLE Rachel		
7:00PM	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Isaac	TRX PLUS Elise	TURBO KICK Kristy	RIP Drew				MRT Bill	BARRE Lindsay	ZUMBA Betzabe		MASTERS SWIM*** Isaac	WEIGHT TRAINING Jenessa
8:00PM		HIGH FITNESS Adrienne/Lorrie				PIYO Maria	ZUMBA Jen			AQUA ZUMBA*** Alisa		INSANITY Elise			SHALLOW WATER* Kaela	
8:30PM	POWER YOGA Cindy												VINYASA FLOW Marin			

WATER AEROBICS LOCATIONS *Programs Pool | **Deep Water Pool | ***Competition Pool | ****Outdoor Pool

THE FIELDHOUSE | Located at the Peaks Ice Arena (100 N Seven Peaks Blvd). Classes included | with the Triple Play Membership

Check Provo Rec Center App for Fitness 101 times and any class cancellations

New schedule including Kids Classes Starts September 3

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	THURSDAY						FRIDAY					SATURDAY				
	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	OUTDOOR	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE	PROGRAM STUDIO	FITNESS STUDIO	SPIN STUDIO	WATER AEROBICS	THE FIELDHOUSE
5:00AM		RIP Kellie														
6:00AM	PILATES Heather	RIP Lindsey	CYCLE Andrea		AQUA ZUMBA* Alice	WEIGHT TRAINING Hannah	ZUMBA SENTAO Alisa	RIP Kara	CYCLE Amy W		FIELD HOUSE FITNESS Lindsey	6:30AM YOGA Cheneae	5:50AM RIP Kellie			
7:00AM			CYCLE Heather		DEEP WATER** Lorraine					SHALLOW WATER* Brianna			ZUMBA TONING Alisa	CYCLE Adrienne	AQUA NINJAS** Stella/ Brianna/Alice	
8:00AM	RIP Kara	VINYASA FLOW Lindsay		AQUA ZUMBA****			BARRE Alicia	RIP Julie		DEEP WATER** Christin		INSANITY Rachel	PUMP Lauren		AQUA FIT** Stella	
8:10AM										SENIOR WELLNESS* Brianna						
9:00AM		HIGH FIT Vicki	CYCLE Brittany			FIELDHOUSE FITNESS Rachel	U-JAM Nicole	HIGH FIT Lorree	CYCLE Lacey		FIELD HOUSE FITNESS Hannah	BARRE Alicia	ZUMBA STEP Lindsay	CYCLE Becky	AQUA ZUMBA*** Alisa	FIELDHOUSE FITNESS Spencer
10:00AM	PILATES Lisa	ZUMBA Marquita					ZUMBA GOLD Shelly	VINYASA FLOW Delene				ZUMBA Tui	HIGH FITNESS Rotating			
11:00AM	SILVER SNEAKERS Alice				MASTERS SWIM*** Justin		SILVER SNEAKERS YOGA Alice	ZUMBA Stacy		MASTERS SWIM*** Isaac		U-JAM Ashley	YOGA Cindy			
12:00PM					SENIORS/ DEEP** Lorraine					AQUA ZUMBA*** Sariah		KIDS ZUMBA Tui				
										SENIORS/ COMBO* Alice						
4:00PM		HIGH FIT Jenny														
5:00PM		PUMP Fiona														
6:00PM	YOGA Maria	RIP Ellen	CYCLE Chris			OLYMPIC STYLE WEIGHT LIFTING Mike										
7:00PM	U-JAM Katie	ZUMBA TONING Alisa				MRT Bill										
8:00PM		ZUMBA Jen			AQUA ZUMBA*** Christin											
9:00PM		YOGA Karen														

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