

FIELDHOUSE SUMMER SCHEDULE - starts 6/3/19

Classes are for 14+ unless otherwise noted

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	FIELDHOUSE FITNESS Spencer	WEIGHT TRAINING Spencer	TRX HIIT & MOBILITY Lindsey	WEIGHT TRAINING Hannah	FIELDHOUSE FITNESS Lindsey	
9:00AM	FIELDHOUSE FITNESS Maria	30 HIIT 30 WEIGHTS Rachel	WEIGHT TRAINING Jared	FIELDHOUSE FITNESS Rachel	FIELDHOUSE FITNESS Hannah	FIELDHOUSE FITNESS Spencer
6:00PM	WEIGHT TRAINING Cody	OLYMPIC STYLE WEIGHT LIFTING Mike		OLYMPIC STYLE WEIGHT LIFTING Mike		
7:00PM	TRX PLUS Elise	MRT Bill	WEIGHT TRAINING Jenessa	MRT Bill		

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

- For the most up to date schedule, download the Provo Rec Center App
- Open Gym is available from 6AM-12AM, Monday-Saturday. During class times, we ask that patrons make an Open Gym reservation through the Provo Rec Center App to help us manage space.