

Group Fitness Schedule - Land Aerobics

Holladay-Lions Fitness & Recreation Center
1661 E. Murray-Holladay Road, (801)424-0621

Monday	5:45-7 am	7-8 am	8-9 am	9-10:30 am		5:30-6:30pm		6:30-7:30pm	
	Cycle & Core Jacque	Cycle Shelly	Zumba Michelle	Cycle, Tone, & Stretch Shelly		Zumba Mary Jane		Kickbox Mary	
Tuesday	5:45-7 am	8-9 am	9-10 am	10-11 am	11-12 pm	6-7 pm	7-7:30 pm	7:30 pm	
	Sports Cycle Shannon	Muscle Works Jacque	Pilates/ Yoga Jacque	Get Fit Shannon	Pilates Kathy	Muscle Works Laura	Cycle (30min) Laura	Yoga/ Pilates Laura	
Wednesday	5:45-7 am	7-8 am	8-9 am	9-10:30 am	5:30-6:30pm		6:30-7:30pm	7-8 pm	
	Endurance Cycle Jacque	Muscle Works Lindsay	Cycle & Core Lindsay	Cycle, Tone, & Stretch Shelly	Step Jennifer A (small)		Gentle Yoga Jen L	Kickbox Barb/ Michelle	
Thursday	5:45-7 am	8-9 am	9-10 am		10-11 am	11-12 pm	6-7 pm	7-8 pm	
	Sports Cycle Shannon	Muscle Works Barb	Pilates Mat Barb		Get Fit Jennifer A	Mid-day Yoga Mary Jane	Zumba Michelle	Yoga Jen L	
Friday	5:45-7 am	7-8 am	8-9 am	8-9 am	9-10 am	10-11 am	10-11 am	5-6:30 pm	
	Cycle & Core Barb	Cycle Barb	Zumba Shelly (small)	Circuits Shannon (multi)	Pilates/ Kickbox Laura (small)	Yoga/ Pilates Laura (small)	Step Jennifer A (multi)	Cardio/ Pilates Mat Mix Kathy	
Saturday	7:15-8:15 am	8:15-9:15 am	9:30-10:30 am		10:30-11:30 am		Sunday	10:05 am	11:15 am
	Cycle Shannon	Yoga/ Pilates Laura	Circuits Laura		Zumba Michelle			Yoga Elizabeth	Yoga Elizabeth

Water Aerobics

	Monday	Tuesday	Wednesday	Thurs	Friday	Saturday	Sunday
6a	Aerobics Eddie	Aerobics Maureen	Aerobics Eddie	Aerobics Marylin	Aerobics Natalie		
8:30a	Aqua Jazz-high Shirley	Arthritis Raelene	Aqua Jazz-high Shirley	Arthritis Raelene	Aqua Jazz-high Shirley	Aqua Jazz-high (9am) Shirley	
10a	Aqua Jazz-med Shirley	Arthritis Judie	Aqua Jazz-med Shirley	Arthritis Judie	Aqua Jazz-med Shirley	Arthritis Shirley	Arthritis (10:15) Aida
5:30p	Arthritis Judie		Arthritis Judie				
7:30p		Deep Water Barb			Shallow Water Barb		

*see class descriptions on back (see schedule for class location)

Land Classes

Class Name	Class Description
Circuit	Combined weights and cardio techniques in a fast-paced workout for the entire body.
Cycle	Cardio all on the bike. Experience hills, flats, jumps, sprints, and much more.
Cycle & Core	45-minute ride to improve cardio, followed by core work - abs & lower back.
Cycle, tone, & stretch	45-minutes of cycling followed by weights, circuits, and/or core. Combines all techniques and equipment.
Endurance cycle	Feel the burn! Improves cardio endurance with hour and 15 minutes of cycling, including hill, flats, jumps, and more.
Gentle Yoga	See description above -- especially for beginners.
Get Fit	Gets you on the road to fitness - especially for beginners. Introduction to different cardio and weight training techniques while improving fitness.
Kickbox	Tons of fun! Incorporates floor and bag work for a head-to-toe workout.
Muscle Works	Full hour of strength training using dumbbells, bars, balls, bands, and more. Stretching and abs included.
Pilates Mat	Improve flexibility and strength through core training. Focus on concentration, control, breathing, and balance.
Sports Cycle	Includes time off the bikes working with different equipment. Bring gym and cycling shoes.
Step	Expend calories with this perfect combination of cardio and strength training.
Yoga	Move through poses, emphasizing graceful transitions, balance, breath, strength building, and stretching.
Zumba	Latin-inspired dance fitness class based on interval training. Ditch the workout; join the party, and burn 500+ calories per hour.

Water Classes

Class Name	Class Description
Aqua Jazz-high	Each day involves the use of equipment (optional) and a variety of muscle groups
Aqua Jazz-medium	Same as above
Arthritis	Designed to be gentle on the joints
Deep water	This non-impact class emphasizes greater range of motion and flexibility while engaging in fun cardio and muscle conditioning movements.
Shallow water	Focus on cardiovascular and muscle toning exercises using water bells and the water's resistance to build endurance and strength
Water aerobics	Burn fat with this fast-paced workout combining intervals and work with noodles.

- all fitness levels welcome in all classes—instructor will help you modify workout
 - be on time and courteous to others and instructor
 - inform instructor if you have special conditions/injuries
 - stop and tell instructor if you have any pain during class
 - bring towel and water bottle
 - please call front desk for more information