

Northwest Center/ Unity Center Mission Statement

"We are dedicated to a united approach with our community and partners to provide quality and accessible programs through respect and awareness of our patrons needs".



Common Questions

-We have men's and women's locker rooms with lockers, showers, and rest-rooms.

-Lockers are for daily use only...you can bring your own lock or buy a lock here.

-We will be selling, not renting: towels, locks, and Cardio Theatre headphones.

-You may use your own headphones on the cardio machines for Cardio Theatre or you can buy headphones from our front desk.

<http://www.recreation.slco.org/unity>

Salt Lake County Parks and Recreation
Sorenson Unity Fitness and Recreation Center
1383 South 900 West
Salt Lake City, UT 84104

"Improving Lives through People, Parks and Play"

Sorenson Unity Fitness & Recreation Center

801-886-2619



1383 South 900 West
Salt Lake City, UT 84104

Hours of Operation

Monday - Thursday	6 am - 9 pm
Friday	6 am - 8 pm
Saturday	8 am - 5 pm
Sunday	10 am - 2 pm




Sorenson Unity Center

Special Interest Classes

Creative Modern Dance

Your child will enjoy embracing his/her imagination while moving his/ her body! Your child will learn rhythm, movement, and creativity and increase self-esteem all while learning to dance.

Who: 3-5 year olds 6-8 year olds
When: Tuesdays Tuesdays
 4:00-4:50 pm 5:00-5:50pm
Cost: \$15/month \$15/month

Hip-Hop Dance

Get ready for the hottest Hip-Hop dance class to hit this state yet! Learn a wide variety from old-skool busts to the latest dance moves and blow everyone away!

Who: 8-12 years old 13-18 years old
When: Thursdays Saturdays
 6:00-7:00 pm 9:00-10:00 am
Cost: \$15/month \$15/month

Malialole

Come learn and enjoy the legends history story to songs and dances of Polynesia. Exciting new steps and moves that you will enjoy with music and with the beating of drums.

Who: 6-9 years old 10-14 years old
When: Tuesdays Wednesdays
 6:00-6:45 pm 5:00-6:00 pm
Cost: \$15/month \$15/month

Starlight Dance Academy

Starting July 7th we will be offering five new special interest classes for kids and teens. All of these classes are only \$15/month...sign up today!

- Teen Modern Jazz
- Tap/Ballet
- Tumbling
- Clogging
- Cheer



Membership Fees and Passes

Pool & Fitness Passes

Includes access to Steiner West Pool and Unity Fitness Center

	Daily	Monthly	Annual	Monthly Bank Draft	Corporate	Corporate Bank Draft
Adult 18-59	\$4.00	\$25.00	\$195.00	\$19.17	\$170.00	\$16.67
Couple	-	-	\$295.00	\$28.33	\$255.00	\$24.58
Senior	\$3.00	\$20.00	\$125.00	\$12.09	\$170.00	\$16.67
Senior Couple	-	-	\$180.00	\$17.50	\$255.00	\$24.58
Family	-	\$50.00 (up to 8 people) Each adt'l person is \$10	2- \$295.00 3- \$320.00 4- \$345.00 Each adt'l person is \$25	2- \$28.33 3- \$30.42 4- \$32.50 Each adt'l person is ~ \$2.08	2- \$255.00 3- \$275.00 4- \$295.00 Each adt'l person is \$20	2- \$24.58 3- \$26.25 4- \$27.92 Each adt'l person is ~ \$1.67

Gold Passes

Includes access to all Salt Lake County indoor pools, fitness centers, land and water aerobics, and basketball courts

	Daily	Monthly	Annual	Monthly Bank Draft	Corporate	Corporate Bank Draft
Adult 18-59	\$6.00	\$40.00	\$316.00	\$30.17	\$269.00	\$25.75
Couple	-	-	\$495.00	\$47.17	\$422.00	\$40.42
Senior	\$4.50	\$20.00	\$125.00	\$12.09	\$125.00	\$12.09
Senior Couple	-	-	\$180.00	\$17.50	\$180.00	\$17.50
Family	-	\$80.00 (up to 8 people) Each adt'l person is \$10	2- \$495.00 3- \$520.00 4- \$545.00 Each adt'l person is \$25	2- \$47.17 3- \$49.67 4- \$52.17 Each adt'l person is ~ \$2.50	2- \$422.00 3- \$443.00 4- \$464.00 Each adt'l person is \$21	2- \$40.42 3- \$42.42 4- \$44.42 Each adt'l person is ~ \$2.00

Pool Passes

Includes access to Steiner West Pool

	3/under	Child 4-12	Youth 13-17	Adult 18-59	Senior 59+	Senior Couple
Daily	Free	\$1.00	\$1.50	\$2.00	\$1.00	-
Monthly	Free					
Annual	Free	\$110.00	\$110.00	\$140.00	\$110.00	\$180.00

Aerobics Classes

	MON	TUES	WED	THUR	FRI	SAT
Pilates	7:30 PM Leigha	7:30 PM Kathy				
Abs & Tone			6:45 PM Ralyne	9:00 AM Leigha		
Circuit Training	6:30 PM Leigha					
Beginning Cycle			6:00 AM Rebecca	7:00 PM Rebecca		
Kickboxing	6:00 AM Rebecca					
Muscle Sculpt		9:00 AM Leigha		7:45 PM Carla		
Yoga			7:30 PM Karen			10:00 AM Karen
Malialole		6:45 PM Vida				11:00 AM Vida
Yogalates			12:00 NOON Leigha			
Salsa			6:00 PM Ralyne			

Aerobics Passes

Monthly Aerobics Pass
\$29.00

*includes access to all aerobics classes for one month

Daily Aerobics Pass
\$4.50

*includes access to one aerobics class that day

