



SENIOR GROUP FITNESS CLASSES

SEPTEMBER 8, 2026 - JANUARY 2, 2027

MONDAY

10:45 - 11:30am
Senior Fitness
Cardio + Strength

11:45am - 12:45pm
Chair Yoga

TUESDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness Endurance

1:00 - 2:00pm
Chair Yoga

WEDNESDAY

10:45 - 11:30am
Senior Fitness
Cardio + Mobility

12:00 - 1:00pm
Chair Yoga

THURSDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

11:45am - 12:45pm
Senior Fitness Endurance

1:00 - 2:00pm
Chair Yoga

FRIDAY

10:45 - 11:30am
Zumba Gold

1:00 - 2:00pm
Chair Yoga

CHAIR YOGA: AN ACCESSIBLE PRACTICE THAT ADAPTS TRADITIONAL YOGA POSES USING A CHAIR FOR SUPPORT. CLASS INCLUDES BOTH SEATED AND STANDING POSTURES. THERE ARE NO POSES ON THE FLOOR. SHOES CAN BE WORN IN CLASS.

SENIOR FITNESS CLASSES: SAFE LOW-IMPACT CLASS FOR SENIOR ADULTS. EACH CLASS HAS A SLIGHTLY DIFFERENT FOCUS, AS INDICATED IN THE CLASS TITLE.

SILVER SNEAKERS CARDIO FIT: HEART-HEALTHY AEROBICS USING LOW-IMPACT MOVEMENTS. CLASS FOCUSES ON BUILDING UPPER BODY, CORE STRENGTH, AND CARDIO ENDURANCE.

SILVER SNEAKERS CLASSIC: STRENGTHEN MUSCLES, INCREASE RANGE OF MOTION, IMPROVE BALANCE AND COORDINATION—EQUIPMENT UTILIZED DURING CLASS INCLUDES: DUMBBELLS, RESISTANCE BANDS, AND SILVER SNEAKERS BALLS. CHAIRS ARE AVAILABLE FOR ADDITIONAL SUPPORT.

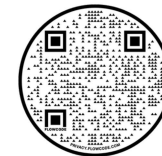
ZUMBA GOLD: DANCE TO LATIN, POP, AND WORLD RHYTHMS. ZUMBA GOLD IS DESIGNED FOR ACTIVE OLDER ADULTS, BEGINNERS, AND ANYONE SEEKING A GENTLER WORKOUT. THIS CLASS IMPROVES BALANCE, MOBILITY, AND COORDINATION — ALL WHILE KEEPING THE FUN, PARTY-LIKE ATMOSPHERE.

SENIOR CLASSES ARE HELD IN THE DANCE ROOM

CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER INCLUDED			
PREMIUM MEMBER ADULT	\$8	\$63	\$126
PREMIUM MEMBER SENIOR (62+)	\$6	\$54	\$108
PREMIUM MEMBER YOUTH (14-17)	\$6	\$54	\$108
NON-MEMBER ADULT	\$9	\$81	\$162
NON-MEMBER SENIOR (62+)	\$7	\$63	\$126
NON-MEMBER YOUTH (14-17)	\$7	\$63	\$126

**All premium members receive a \$1 discount on the daily admission prices for fitness classes.*

Registration is required for all classes.
Scan the QR code with your phone to register



Or visit: chrcgroupfitness.as.me



HOW TO REGISTER, CHECK IN, AND CANCEL A CLASS REGISTRATION

CLASS REGISTRATION

- **Group Fitness Classes open for registration 6 days before class.**
- Using a desktop computer or a phone, visit our scheduling link: **chrcgroupfitness.as.me**
- Select the class you would like to attend and fill out the required fields, then select “Book Class.”

CLASS CHECK-IN & WRISTBAND PICK UP

Check-in is required for all group and water fitness classes. Please check in at the appropriate administration desk. Once checked in, you will receive your class wristband (required for all group fitness classes). Water fitness classes may require a different form of proof of payment upon arrival.

CANCELING A CLASS RESERVATION

Group Fitness Classes must be canceled at least 30 minutes before the class start time. Repeated late cancels or no-shows may affect a patron’s ability to register for classes.

- Find your confirmation or reminder email. Scroll down and select the button **CHANGE/CANCEL RESERVATION**.
- You will be redirected to an internet browser. Select **CANCEL** on the bottom right-hand side. Confirm your cancellation by clicking **CANCEL** in the pop-up screen.
- You will receive a confirmation email if you correctly canceled your class registration.

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PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

- Register at chrcgroupfitness.as.me
- Wristbands are required for all classes. Please pick up class wristbands from the appropriate administrative desk.
- Must be 14 years or older to attend a Group Fitness Class

Please email questions to:

Chrisanthi Hatzantonis, Group Fitness Coordinator
groupfitness@chparksandrecut.com

Cottonwood Heights Recreation Center | 7500 South 2700 East | Cottonwood Heights | Utah | 84121

Office Number | 801.943.3190

Website | www.chparksandrecut.gov