

GROUP FITNESS CLASS SCHEDULE

SEPTEMBER 8, 2026 - DECEMBER 31, 2026

MONDAY

- A** 7:15 - 8:00am
Muscle Up Express
Total Body
- A** 8:20 - 9:20am
Mat Pilates
- D** 8:20 - 9:20am
Zumba Toning
- G** 9:00 - 10:00am
Total Body
Conditioning
- C** 9:00 - 10:00am
Cycle
- A** 9:30 - 10:30am
Surge Strength
- D** 9:30 - 10:30am
Barre
- A** 10:40 - 11:40 am
Harmony Within
Guided Meditation
- D** 10:45 - 11:30am
Senior Fitness
Cardio + Strength
- D** 11:45am - 12:45pm
Chair Yoga
- A** **12:00 - 1:00pm**
Qi Gong
- A** 5:20 - 6:20pm
Muscle Up
- A** 6:30 - 7:30pm
Mat Pilates
- D** **6:30 - 7:30pm**
HIGH Fitness
- A** **7:40 - 8:40pm**
Yoga Power Down

TUESDAY

- A** **5:15 - 6:15am**
Muscle Up
***Sept. Only**
- G** 6:00 - 7:00am
Total Body
Conditioning
- A** 8:20 - 9:20am
Muscle Up
- D** 8:20 - 9:20am
Yoga
- G** 9:00 - 10:00am
TRX
- A** 9:30 - 10:30am
HIGH Fitness
- D** 9:45 - 10:30am
Silver Sneakers
Classic
- A** 10:40 - 11:40am
Mat Pilates
- D** 10:45 - 11:30am
Silver Sneakers
Cardio
- D** 11:45am - 12:45pm
Senior Fitness
Cardio + Mobility
- D** **1:00 - 2:00 pm**
Chair Yoga
- A** 5:20 - 6:20pm
WERQ
- F** 6:00 - 7:00pm
Total Body
Conditioning
- A** 6:30 - 7:30pm
Surge Strength
- A** 7:40 - 8:40pm
Yoga Power Down

WEDNESDAY

- A** 7:15 - 8:00am
Muscle Up Express
Total Body
- A** 8:20 - 9:20am
Mat Pilates
- D** 8:20 - 9:20am
Zumba
- G** 9:00 - 10:00am
Total Body
Conditioning
- C** 9:00 - 10:00am
Cycle
- A** 9:30 - 10:30am
Surge Strength
- D** 9:30 - 10:30am
Barre
- A** 10:40 - 11:40am
HIGH Fitness
- D** 10:45 - 11:30am
Senior Fitness
Cardio + Mobility
- A** **12:00 - 1:00pm**
Qi Gong
- D** 12:00 - 1:00pm
Chair Yoga
- A** 5:20 - 6:20pm
Muscle Up
- F** 6:00 - 7:00pm
Total Body
Conditioning
- A** 6:30 - 7:30pm
Line Dancing
- D** **6:30 - 7:30pm**
HIGH Fitness
- A** 7:40 - 8:40pm
Yoga Power Down

THURSDAY

- G** **6:00 - 7:00am**
Total Body
Conditioning
- A** 8:20 - 9:20am
Muscle Up
- D** 8:20 - 9:20am
Yoga
- G** 9:00 - 10:00am
TRX
- A** 9:30 - 10:30am
HIGH Fitness
- D** 9:45 - 10:30am
Silver Sneakers
Classic
- A** 10:40 - 11:40am
Mat Pilates
- D** 10:45 - 11:30am
Silver Sneakers
Cardio
- D** 11:45am - 12:45pm
Senior Fitness
Cardio + Mobility
- D** **1:00 - 2:00**
Chair Yoga
- A** 5:20 - 6:20pm
POP Pilates
- A** **6:30 - 7:30pm**
Surge Fit
- A** 7:40 - 8:40pm
Yoga Power Down

FRIDAY

- A** 7:15 - 8:00am
Muscle Up Express
Core
- A** 8:20 - 9:20am
Surge Strength
- D** 8:20 - 9:20am
Tone & Reform
- G** 9:00 - 10:00am
Total Body
Conditioning
- C** 9:00 - 10:00am
Cycle
- A** 9:30 - 10:30am
Mat Pilates
- D** 9:30 - 10:30am
HIGH Fitness
- A** 10:40 - 11:40am
Barre
- D** 10:45 - 11:30am
Zumba Gold
- A** 12:00 - 1:00pm
Yoga
- D** 1:00 - 2:00pm
Chair Yoga

SATURDAY

- A** 7:00 - 8:00 am
Surge Strength
- D** 7:00 - 8:00am
HIGH Fitness
- C** **7:15 - 8:15am**
Cycle
***Begins 10/3**
- A** 8:15 - 9:15am
Muscle Up
- D** 8:30 - 9:30am
Yoga
- A** 9:30 - 10:30am
Dance Fitness
- A** 10:40 - 11:40am
Surge Strength

SUNDAY

- A** 12:15 - 1:15pm
Surge Strength
- A** 1:30 - 2:30pm
Yoga Power +
Restore

Location Legend

- A** AEROBICS ROOM
- F** FUNCTIONAL TRAINING ROOM
- D** DANCE ROOM
- G** GYM

Registration required for all classes.
Scan QR code to register or visit:
chrcgroupfitness.as.me



GROUP FITNESS CLASS DESCRIPTIONS

BARRE: A full-body workout that fuses the grace of ballet, the precision of Pilates, and the mindfulness of yoga. Elevate your posture, ignite your core, and sculpt strong, lean muscles in your arms, legs, and glutes.

CHAIR YOGA: Gentle yoga using a chair for seated poses and standing support. It provides the benefits of traditional yoga - improved flexibility, strength, balance, and relaxation. Chair Yoga is designed for individuals with limited mobility or who find it challenging to go to the floor.

CYCLE: A blood-pumping, high-energy, musically driven, low-impact cardiovascular workout set to powerful music - suitable for all fitness levels. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

DANCE FITNESS: Get your heart pumping and your body moving. This class blends the energy and artistry of dance with an exhilarating, effective cardio workout. Experience a variety of dance styles and music, taught through easy-to-follow choreography.

HARMONY WITHIN: A class designed to induce relaxation through guided meditation and sound bath. **Dress warmly & bring a blanket.*

HIGH FITNESS: Combining HIIT, plyometrics, full-body toning, and easy-to-follow choreography with music you know and love, HIGH Fitness is a total-body, zero-equipment workout designed to be fun, addictive, and adaptable for all fitness levels.

LINE DANCING: Learn fun, easy-to-follow line dances set to favorite pop, rock, and country hits. Build coordination, balance, and fitness, moving to the music and having a great time.

MUSCLE UP/MUSCLE UP - EXPRESS: Build strength, power, and endurance with a full-body workout using dumbbells, bands, stability balls, and other equipment. Push your limits, challenge your muscles, and leave stronger than you came in!

MAT PILATES: A high-energy, low-impact mat class using controlled movements to build strength, stability, flexibility, and better posture. Focus on the core, glutes, hips, and back while toning deep stabilizing muscles.

POP PILATES: Experience a mix of modern and classical Pilates exercises set to a heart-pumping playlist. Strength meets flexibility with focused movements that leave your entire body toned.

SENIOR FITNESS CLASSES: Low-impact classes in a safe environment for senior adults. Each class on the schedule has a slightly different focus, as indicated by the class title.

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

SILVER SNEAKERS CARDIO FIT: Bring heart-healthy aerobics to your workout using low-impact movements. This class focuses on building upper-body and core strength with added cardio endurance.

SILVER SNEAKERS CLASSIC: Focus on strengthening muscles and increasing range of movement, balance, and coordination. Equipment includes hand-held weights, resistance bands, and a Silver Sneakers ball will be used. Chairs are available for additional support.

SURGE STRENGTH: A high-rep, targeted weight-training workout - set to music you. This class uses muscle-focused strength-training tracks and dumbbells to strengthen, shape, and tone every muscle in your body. Surge Strength will leave you feeling happy and strong!

STONE & REFORM: A Pilates-based toning class, meant to define and elongate muscles. Equipment used will vary from class to class, but may include light weights, Pilates rings or balls, elastic tubing, and more.

TOTAL BODY CONDITIONING: This dynamic full-body workout combines strength, functional movement, core training, and HIIT to challenge every muscle and build serious endurance. Equipment and programming vary, strengthening muscles and improving cardio performance.

TRX: (Total Body Resistance Exercise) A workout method that uses body weight and gravity as resistance to build strength, balance, coordination, flexibility, core, and joint stability. Class may include plyometrics, cardiorespiratory, strength, balance, and coordination training.

WERQ: A wildly addictive, sweat-inducing cardio dance workout class set to chart-topping pop and hip-hop hits. Bring your energy, leave your inhibitions at the door, and move in a judgment-free space where all levels are welcome. Experience great music & big vibes!

YOGA/YOGA & MEDITATION: Our yoga classes are intended as mixed-level classes for students of all abilities. Yoga increases physical, mental, and spiritual well-being. Try different asanas (postures) in each class. Our yoga and meditation class will consist of approximately 30 minutes of yoga, followed by a combination of breathwork, meditation, and sound therapy.

POWER DOWN YOGA: Power Down Yoga features a flow of poses designed to gradually bring you into a state of relaxation and prepare you for sleep, and is recommended for all abilities.

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Dance, sweat, and have fun to infectious Latin, pop, and world rhythms! **Zumba Toning** adds light shaker weights to boost the beat while sculpting arms, abs, glutes, and thighs. **Zumba Gold** keeps the party moving at a slower pace and lower intensity - perfect for beginners, active adults, or anyone getting back into fitness.

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.			



SENIOR GROUP FITNESS CLASSES

SEPTEMBER 8, 2026 - DECEMBER 31, 2026

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
Cardio + Mobility

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
Cardio + Mobility

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 AND 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.

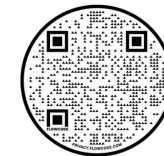
ZUMBA GOLD: DANCE TO LATIN, POP, AND WORLD RHYTHMS. ZUMBA GOLD IS DESIGNED FOR ACTIVE OLDER ADULTS, BEGINNERS, AND ANYONE SEEKING A GENTLER WORKOUT. THIS CLASS IMPROVES BALANCE, MOBILITY, AND COORDINATION — ALL WHILE KEEPING THE FUN, PARTY-LIKE ATMOSPHERE.

SENIOR CLASSES ARE HELD IN THE DANCE ROOM

CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER	INCLUDED		
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**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.

CLASS RATES:	PER CLASS	10 PASS	20 PASS
ULTIMATE MEMBER	INCLUDED		
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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