



GROUP FITNESS CLASS SCHEDULE

EFFECTIVE JANUARY 6 - MEMORIAL DAY 2025

Cottonwood Heights

Parks & Recreation

MONDAY

- A 7:15 - 8:00am Muscle Up Express - Upper Body
- A 8:20 - 9:20am Pilates Power Hour
- 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**
Tone and Sculpt
- A 10:40 - 11:40am Harmony Within
- D 10:45 - 11:30am Senior Fitness Cardio + Strength
- D **11:45am - 12:30pm**
Chair Yoga
- A **12:00 - 1:00pm**
Qigong
- A 5:20 - 6:20pm Muscle Up
- A 6:30 - 7:30pm Cardio Barre
- D 7:00 - 8:00pm HIGH Fitness

TUESDAY

- A 5:15 - 6:15am Muscle Up
- G 6:00 - 7:00am Ripped
- 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**
Step It Strength
- D 10:45 - 11:30am Silver Sneakers Cardio
- D **11:45am - 12:45pm**
Senior Fitness
60-min Cardio + Mobility
- A 5:20 - 6:20pm WERQ
- F 6:00 - 7:00pm TRX
- A 6:30 - 7:30pm Surge Strength
- A 7:40 - 8:40pm Power Down Yoga

WEDNESDAY

- A 6:00 - 7:00am HIGH Fitness
- A 7:15 - 8:00am Muscle Up Express - Lower Body
- A 8:20 - 9:20am 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 Qigong
- D 10:45 - 11:30am Senior Fitness Cardio + Mobility
- A 5:20 - 6:20pm Muscle Up
- F **6:00 - 7:00pm**
Total Body Conditioning
- A **6:30 - 7:30pm**
Line Dancing
- A 7:40 - 8:40pm Yoga & Meditation

THURSDAY

- A 5:15 - 6:15am Muscle Up
- C 6:00 - 7:00am Cycle
- D **6:00 - 7:00am**
Tone and Sculpt
- 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**
Tone and Sculpt
- D 10:45 - 11:30am Silver Sneakers Cardio
- D **11:45am - 12:45pm**
Senior Fitness
60-min Cardio + Mobility
- A 5:20 - 6:20pm POP Pilates
- A **6:30 - 7:30pm**
WERQ through Jan 30
Step It Strength Feb 6 - Memorial Day
- A 7:40 - 8:40pm Power Down Yoga

FRIDAY

- A 7:15 - 8:00am Muscle Up Express - Core
- A 8:20 - 9:20am Surge Strength
- D 8:20 - 9:20am Sculpt & Reform
- G 9:00 - 10:00am Total Body Conditioning
- C 9:00 - 10:00am Cycle
- A 9:30 - 10:30am Pilates on the Ball
- D 9:30 - 10:30am High Fitness
- A 10:40 - 11:40am Step & Sculpt
- D 10:45 - 11:30am Zumba Gold

SATURDAY

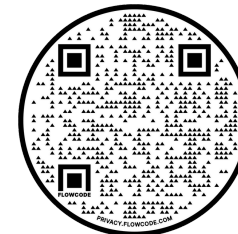
- D 7:00 - 8:00am HIGH Fitness
- C 7:00 - 8:00am Cycle
- A 8:00 - 9:15am Muscle Up
- D 8:30 - 9:30am Yoga
- A 9:30 - 10:30am Dance Fitness
- A 10:40 - 11:40am Surge Strength

SUNDAY

- A 1:30 - 2:30pm Yoga

- A AEROBICS ROOM
- C CYCLE
- D DANCE ROOM
- G GYM
- F FUNCTIONAL TRAINING ROOM

REGISTRATION REQUIRED FOR ALL CLASSES. SCAN QR CODE WITH YOUR PHONE TO REGISTER, OR VISIT CHRCGROUPFITNESS.AS.ME



Classes new to the schedule are bold and underlined

Class Descriptions:

BARRE: A workout that blends elements from different exercise styles including ballet, Pilates, and yoga. You will build alignment, strengthen your core, and tone and elongate muscles.

CYCLE: A blood pumping workout for all abilities. Each cycle instructor creates their class with varying types of rides, terrain, and formats to constantly challenge your body and mind.

DANCE FITNESS: Get your heart rate up while dancing! You'll experience an aerobic workout while dancing to many different styles of dance and music, all taught in an easy-to-learn format.

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

HIGH FITNESS: This class combines HIIT and plyometrics with music you know and love. Follow along to simple cardio & full body toning moves that can be modified for any fitness level. HIGH Fitness Express is condensed to a 45-minute class.

LINE DANCING: Learn and follow a choreographed pattern of steps to pop, rock and country music. You'll have so much fun you won't even realize you're getting fitter! *Wear appropriate footwear (no cowboy boots, bare feet, flip-flops or sandals).

MUSCLE UP: A strength training workout that uses dumbbells, bands, balls, and other equipment to increase muscle strength and endurance, all in a fun group fitness setting.

MUSCLE UP - EXPRESS CORE/UPPER BODY/LOWER BODY: A 45-minute class designed to stabilize and strengthen targeted muscle groups. Each class on the schedule has a different focus, designated in the class title.

PILATES / PILATES POWER HOUR / PILATES ON THE BALL: Pilates exercises using different equipment such as yoga balls, resistance bands, rings, and hand weights. **Pilates on the ball uses the yoga ball for added balance/core work and low impact cardio.

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.

POWER DOWN YOGA: Recommended for all abilities, Power Down Yoga includes a flow of poses intended to gradually bring you to a state of relaxation and prepare you for sleep.

QIGONG: (Pronounced "chee-gung") is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self-massage, sound, and focused intent.

RIPPED: A high intensity interval class that packs a powerful punch. Dynamic bursts of intense exercise are interspersed with periods of recovery.

SCULPT & 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.



For instructions on how to register for class, cancel, and check-in, please scan the QR code or visit our website page:

CHparksandrecut.gov/group-fitness-classes

SENIOR FITNESS CLASSES: Low impact class in a safe environment for senior adults. Each class on the schedule will have a slightly different focus, which is designated in the class title.

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 including hand-held weights, resistance bands, and Silver Sneakers ball will be used. Chairs are available for additional support.

STEP IT STRENGTH/ STEP & SCULPT: Fun routines on a step platform alternate with high-rep strength training moves. This is a full body workout with amazing strength training intervals.

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

STONE AND SCULPT: a high-repetition, full-body workout using weights, balls, bands, and body weight. Class will focus on building muscular endurance and long, lean musculature. Each instructor will bring a fun and different style to the format.

TOTAL BODY CONDITIONING: This class uses a variety of equipment and programming techniques to strengthen muscles and improve cardio performance for a total body workout.

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 types of plyometric, cardiorespiratory, strength, balance, and coordination training.

WERQ: A wildly addictive cardio dance workout based on pop and hip hop music. Join our judgment-free dance space with good vibes and a great sweat.

YOGA/ YOGA & MEDITATION: Our yoga classes are intended as mixed-level classes for students of all abilities. Yoga is intended to increase 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 some combination of breathwork, meditation, and sound therapy.

ZUMBA / ZUMBA TONING / ZUMBA GOLD: Dance to Latin, pop and world rhythms. **Toning class incorporates light shaker weights to enhance rhythm and tone arms, abs, glutes, and thighs. **Gold is ideal for beginners, those just returning to working out and active adults with a slower pace and lower intensity that is easy to follow!

CLASS RATES: PER CLASS 10 PASS 20 PASS

ULTIMATE MEMBER	NO CHARGE		
PREMIUM MEMBER	\$7.00	\$63.00	\$126.00
PREMIUM MEMBER SENIOR (62+)	\$6.00	\$54.00	\$108.00
PREMIUM MEMBER YOUTH (14-17)	\$5.00	\$40.00	\$80.00
NON-MEMBER	\$8.00	\$72.00	\$144.00
NON-MEMBER SENIOR (62+)	\$7.00	\$63.00	\$126.00
NON-MEMBER YOUTH (14-17)	\$6.00	\$54.00	\$108.00

- Class sizes are limited. Pre-registration is REQUIRED FOR ALL ATTENDEES. Register at chrcgroupfitness.as.me or download the ACUITY app for your phone and search for chrcgroupfitness.as.me
- Wristbands are required to attend classes and can be obtained at the administrative desks
- Classes are for individuals 14 years and older
- Questions? Email bonnie@cottonwoodheights.com

SENIOR ADULTS LAND GROUP FITNESS CLASSES

EFFECTIVE JANUARY 6 - MEMORIAL DAY 2025

All classes are held in the dance room on the ice arena level.

Please check in at the main desk and obtain a class wristband before attending class.

MONDAY

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

11:45am - 12:30pm
Chair Yoga

TUESDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

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

WEDNESDAY

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

THURSDAY

9:45 - 10:30am
Silver Sneakers Classic

10:45 - 11:30am
Silver Sneakers Cardio

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

FRIDAY

10:45 - 11:30am
Zumba Gold



CHAIR YOGA: A CLASS BASED FROM THE CHAIR. CLASS WILL INCLUDE BOTH SEATED AND STANDING POSTURES. STUDENTS WILL NOT PERFORM POSES ON THE GROUND AND WILL KEEP THEIR SHOES ON THROUGHOUT CLASS.

SENIOR FITNESS CLASSES: LOW IMPACT CLASS IN A SAFE ENVIRONMENT FOR SENIOR ADULTS. EACH CLASS ON THE SCHEDULE WILL HAVE A SLIGHTLY DIFFERENT FOCUS, WHICH IS DESIGNATED IN THE CLASS TITLE.

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 INCLUDING HAND-HELD WEIGHTS, RESISTANCE BANDS, AND SILVER SNEAKERS BALL WILL BE USED. CHAIRS ARE AVAILABLE FOR ADDITIONAL SUPPORT.

ZUMBA GOLD: DANCE TO LATIN, POP AND WORLD RHYTHMS. GOLD IS IDEAL FOR BEGINNERS, THOSE JUST RETURNING TO WORKING OUT AND ACTIVE ADULTS WITH A SLOWER PACE AND LOWER INTENSITY THAT IS EASY TO FOLLOW!

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

WHEN DO FITNESS CLASSES OPEN FOR REGISTRATION?

Classes open for registration six days in advance of class. Popular classes fill quickly. We recommend you register for class as soon as it opens for registration. If you cannot attend, please cancel your class reservation no less than 30 minutes in advance of class start or you may receive a no-show on your account.

REGISTER FOR 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."

CHECK IN FOR CLASS

Check in is required for all group and water fitness classes. Please visit the appropriate desk to check in before entering the room or pool and attending class. Fitness class wristbands are required for all group fitness classes on the group fitness schedule. Water fitness classes may require a different form of proof of payment when you arrive to class.

CANCEL YOUR CLASS RESERVATION

Any land group fitness classes must be cancelled 30 minutes or more in advance of class start or you will receive a no-show on your account. To cancel your class registration:

1. Find your confirmation or reminder email. Scroll down and select the button **CHANGE/CANCEL RESERVATION**.
2. You will be re-directed to an internet browser. From the bottom righthand side, select **CANCEL**. Confirm your cancellation by clicking **CANCEL** in the pop-up screen that has appeared.
3. You will receive a confirmation email if you correctly cancelled your class registration.

DOWNLOAD THE ACUITY SCHEDULING APP

To best manage your class reservations and cancel your class reservations, download the Acuity Scheduling App to your phone from the Apple or Google Play store.

URL when asked in the APP: chrcgroupfitness.as.me.



Cottonwood Heights
Parks & Recreation

CLASS RATES: PER CLASS 10 PASS 20 PASS

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