

group fitness schedule (sept 3 - dec 30)

SUNDAY

8 AM (90 minutes)
Masters Swim
Staff

8:30 AM
Cardio Fit
Alex/Kerri

9:35 AM
Yoga
Lora

9:45 AM
Indoor Ride
Mimi

10:45 AM
BODYPUMP™
Liz

Hourly Child Care Hours

MON - THUR
8:30 AM - 1 PM &
4 - 7 PM

FRI 8:30 AM - 1 PM

SAT 8:30 - 11 AM

SUN 8 AM - 12 PM

Maximum stay of 2
hours per visit with
the exception of
reservation days.

MONDAY

6 AM
BODYPUMP™
Liz

9 AM
Indoor Ride
Daryl

9 AM
Step
Victoria

10 AM
Aquafit
Leeaine

10:10 AM
BODYPUMP™
Jamie

11:20 AM
Yoga
Daryl

12:30 PM
BODYPUMP™
Halleh

5:15 PM (45 minutes)
Chisel
Alex

6:10 PM
WERQ™
Julie

7:10 PM
Mat Pilates
Cindy

7:15 PM (75 minutes)
Yoga
Chloe
Dance Floor

TUESDAY

6 AM
Masters Swim
Staff

9 AM
BODYCOMBAT™
Halleh

9 AM
Indoor Ride
Janet

10:05 AM
Burn Tone
Janet

11:05 AM
Yoga
Kandice

12:15 PM
Ballet Barre
Debra

5:15 PM (45 minutes)
Cardio Fit
Liza

6:10 PM
Yoga
Lora - Dance Floor

6:10 PM
High Fit
Charlie

7:20 PM
BODYPUMP™
Liz

WEDNESDAY

6 AM
Indoor Ride
Katie

9 am
Indoor Ride
Anna

9 am
WERQ™
Amber

10 am
Aquafit
Leeaine

10:10 am
BODYPUMP™
Jamie

11:20 am
Yoga
Sandra

12:00 pm
Bands Day
Garage Gym

12:30 pm
BODYPUMP™
Cari

5:15 pm (45 minutes)
Chisel
Alex

6:10 pm
WERQ™
Julie

6:15 pm
Indoor Ride
Amber

7:20 pm
Body Combat
Halleh

THURSDAY

6 AM
Masters Swim
Staff

9 AM
BODYCOMBAT™
Halleh

9 AM
Indoor Ride
Anna

10:05 AM
Burn Tone
Jordan

11:05 AM
Yoga
Kandice

12:15 PM
Ballet Barre
Daryl

1:20 PM
**Low Impact
Fitness**
Joy

4 PM
Mat Pilates
Debra

5:15 PM (45 minutes)
Cardio Fit
Jordan

6:10 PM
Yoga
Anna

7:20 PM
BODYPUMP™
Cari

FRIDAY

6 AM
BODYPUMP™
Liz

6 AM
Indoor Ride
Katie

9 AM
Indoor Ride
Mimi

9 AM
WERQ™
Amber

10 AM
Aquafit
Leeaine

10:10 AM
Body Pump™
Jaime

11:15 AM
Yoga
Anna

12:30 PM
BODYPUMP™
Suzette

SATURDAY

8:10 AM
High Fit
Hadley/Jessica

8:30 AM
Indoor Ride
Anna

9:15 AM
Chisel
Alex

9:45 AM
Yoga
Anna
Dance Floor

10:30 AM
BODYPUMP™
Cari

*Classes and
instructors subject
to change

*Holidays have
special schedules

Schedules also
available online and
on the Wagner JCC
mobile app



801.581.0098

Questions?

Contact Meri at
merickson@slcjc.org or

Shannon at
shollinger@slcjc.org

group fitness class descriptions

AquaFit – Cardiovascular fitness, core strength, and muscle tone taken to the water! FIT focuses on endurance and cardiovascular output, for all levels.

Ballet Barre – Low impact strengthening inspired by ballet technique. Tones legs, glutes and core.

Bosu/Reps – A total body sculpting class. You'll strengthen and tone using the Bosu and a combination of weights. This class will challenge you and help you achieve your fitness goals.

Burn Tone – We will kick off class by raising your heart rate, jump starting your metabolism, and heating your muscles. Then get ready to use props to work your accessory muscles: benches, bosus, glides, bands and light weights.

Cardio Fit – No choreography, just intense agility, speed and strengthening drills. Guaranteed to improve cardiovascular endurance, athletic performance and muscle tone.

Chisel – Work smarter and harder in this multi-model weight training class to carve out your ideal physique. Heavy emphasis on technique, form, balance, core and stretching.

HIGH Fitness– HIGH Fitness is a hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow fitness choreography. HIGH Fitness produces a high caloric burn and full-body toning through its

carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

Indoor Ride – Indoor ride is a cardio workout done on a stationary bike. Each instructor has a unique style that will motivate you to sprint faster or climb steeper.

Low Impact Fitness – This modified cardiovascular and strength based format is for the active older adult, injured rehab participant, mom-to-be and more.

Masters Swim – Swim stroke development with a coach on deck for the recreational swimmer or competitive triathlete. This is a powerful environment for fast results.

Step – Combine step choreography with power-based moves. This challenging workout will push your body to the limit!

Strength Fit – A perfect complement for CardioFit, is the class for you if you are looking to build and/or tone your body. Although only 45 minutes, you will find it is plenty long enough to work up a sweat and have an effective work out!

WERQ™ – A fiercely fun dance fitness class based on pop, rock, and hip hop music. It is the best dance party in town.

Yoga – A class based on the Primary Ashtanga Series. Challenging, for Intermediate and Experienced people.

LES MILLS® CLASSES

BODYPUMP™ – This workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls.

BODYCOMBAT™ – This fiercely energetic program is inspired by Martial Arts and draws from a wide array of disciplines such as Karate, Boxing, Taekwondo, Tai Chi and Muay Thai.



JCC Closed:

September 29, 30, 2019

October 1, 9, 2019

December 25, 2019