

# garage gym schedule

(sept 3 - dec 30)

## SUNDAY

personal  
training  
appointments  
only

## MONDAY

6 AM

**Boot Camp**

Jordan

7 AM

**Ski  
Conditioning**

Jordan

(beginning OCT 7)

9 AM

**Boot Camp**

Jordan

9 AM

**Kettlebell**

Allison

4:15 PM

**Teen Fit** Ages 13+

Jordan

(beginning OCT 7)

## TUESDAY

9 AM

**Boot Camp**

Jordan

11 AM

**TRX Pilates  
Fusion**

Liisa

6:15 PM

**Ski  
Conditioning**

Jordan

(beginning OCT 7)

## WEDNESDAY

6 AM

**Boot Camp**

Jordan

7 AM

**Ski  
Conditioning**

Jordan

(beginning OCT 7)

9 AM

**Kettlebell**

Allison

9 AM

**Boot Camp**

Jordan

12 PM

**Bands (30 min)**

Doug

(Complimentary for  
members)

4:15 PM

**Teen Fit** Ages 13+

Jordan

(beginning OCT 7)

## garage gym rates

CLASS TYPE	MEMBER DISCOUNT	GENERAL
10-Punch Pass	\$100	\$130
Ultimate Pass — Monthly	\$65	\$105
Drop-In Fee	\$15	\$20

## THURSDAY

9 AM

**Boot Camp**

Jordan

11 AM

**TRX Pilates  
Fusion**

Liisa

6:15 PM

**Ski  
Conditioning**

Jordan

(beginning OCT 7)

## FRIDAY

6 AM

**Boot Camp**

Jordan

9 AM

**Boot Camp**

Jordan

## SATURDAY

personal  
training  
appointments  
only

**Garage Gym  
101**

Free for JCC members.

To schedule contact  
Meri at merickson  
@slcjc.org or  
Shannon at shollinger@  
slcjc.org

### Facility Hours:

Monday - Thursday, 5 AM - 10 PM

Friday, 5 AM - 6 PM

Saturday - Sunday, 8 AM - 6 PM

### JCC Closed:

September 29, 30, October 1, 9, December 25



**IJ & Jeanné Wagner Jewish Community Center**  
2 North Medical Drive • Salt Lake City, Utah 84113  
801.581.0098 • [www.slcjcc.org](http://www.slcjcc.org)

Schedules also available online and on the Wagner JCC mobile app

\*Classes and instructors subject to change

# garage gym

# policy

## CANCELATION/ REGISTRATION

All participants must cancel the 12 hours before the class begins or you will be automatically charged a \$20 cancellation fee.

Classes without a least one participants signed up will be cancelled at 6 pm the evening before.

Email and/or text notification will be sent out if classes are cancelled, via Mindbody.

All passes and fees are non-refundable and non-transferable.

Download the app at [Mindbody.com](http://Mindbody.com).



**IJ & Jeanné Wagner**  
**Jewish Community Center**  
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