

# FITNESS CLASSES

## MONDAY

**SPIN**  
6:15-7AM  
ROOM: 307  
JESSICA

**YOGA**  
6:30-7:30AM  
ROOM: 305  
MARCO

**HIGH FIT**  
7:30-8:30AM  
ROOM: 311  
JENNY

**YOGA**  
12-1PM  
ROOM: 305  
KIM

**PIYO**  
1-2PM  
ROOM: 309  
SAVANNA

**SPIN**  
5:30-6:30PM  
ROOM 307  
KAYLEE

**HIGH FIT**  
5:30-6:30PM  
ROOM 311  
ALEX L.

**SCULPT**  
6:30-7:30PM  
ROOM 312  
JENNY

**ZUMBA**  
6:30-7:30PM  
ROOM 305  
TIFFANY

**YOGA**  
7:30-8:30PM  
ROOM 305  
HEATHER



## TUESDAY

**SPIN**  
6:15-7AM  
ROOM: 307  
KAYLEE

**INSANITY**  
6:30-7:30AM  
ROOM: 311  
ANDREA

**ZUMBA**  
9-10AM  
ROOM: 311  
AUBRIE

**MELT**  
12-1PM  
ROOM: 305  
ALEX B.

**SPIN**  
5:30-6:30PM  
ROOM: 307  
KIM

**ZUMBA**  
6:30-7:30PM  
ROOM 311  
ELAINE

**YOGA**  
6-7PM  
ROOM 305  
ZOE

**HIGH FIT**  
7:30-8:30PM  
ROOM 311  
JENNY

## WED.

**SPIN**  
6:15-7AM  
ROOM: 307  
MAGGIE

**YOGA**  
6:30-7:30AM  
ROOM: 305  
MARCO

**HIGH FIT**  
7:30-8:30AM  
ROOM: 311  
BRE

**YOGA**  
12-1PM  
ROOM: 305  
KIM

**PIYO**  
1-2PM  
ROOM: 309  
SAVANNA

**SPIN**  
5:30-6:30PM  
ROOM 307  
KAYLEE

**HIGH FIT**  
5:30-6:30PM  
ROOM 311  
BRE/KARISSA

**ZUMBA**  
6:30-7:30PM  
ROOM 309  
AUBRIE

**U-JAM**  
7:30-8:30PM  
ROOM 311  
ABBY

**YOGA**  
7:30-8:30PM  
ROOM 305  
HEATHER

## THURSDAY

**SPIN**  
6:15-7AM  
ROOM: 307  
KAYLEE

**INSANITY**  
6:30-7:30AM  
ROOM: 311  
ANDREA

**ZUMBA**  
9-10AM  
ROOM: 311  
AUBRIE

**MELT**  
12-1PM  
ROOM: 305  
ALEX B.

**ZUMBA**  
6:30-7:30PM  
ROOM 311  
ELAINE

**YOGA**  
6-7PM  
ROOM 305  
ZOE

**HIGH FIT**  
7:30-8:30PM  
ROOM: 311  
BRE



## FRIDAY

**YOGA**  
6:30-7:30AM  
ROOM: 305  
MARCO



## SATURDAY

**K-CORE**  
9:30-10AM  
ROOM: 311  
JENNY

**HIGH FIT**  
10-11AM  
ROOM: 311  
JENNY

FITNESS CLASSES ARE **FREE** FOR ALL SLWC MEMBERS OR **\$5** FOR ALL NON-MEMBERS  
DETAILS OF CLASSES AND INSTRUCTORS CAN BE FOUND AT:  
[UVU.EDU/SLWC](http://UVU.EDU/SLWC) OR (801) 863-5551