

Classes are held in the Monahan Wellness Center at 500

	Monday	Tuesday	Wednesday	Thursday	Friday
1:00 p.m.	Advanced Arms (15 min.)	Glutes n' all (15 min.)		Core Circuit (15 min.)	Full Body Circuit (15 min.)

Classes are held in the Wellness Center at 560

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.		Boot Camp (60 min.)*		Boot Camp (60 min.)*	Body Burn (45 min.)
10:00 a.m.	Peak Conditioning (15 min.)	Mobility/Stretch (15 min.)	HIIT (15 min.)	Wild Card (15 min.)	Nutritious & Delicious (15 min.)
12:00 p.m.	Stretch (15 min.)	Lower Body Blast (15 min.)	Ultimate Upper Body (15 min.)	Advanced Arms (15 min.)	Yoga (60 min)*
12:30 p.m.			Mid-Week Meditation (30 min.) <i>Oquirrh Conf. Room</i>		
1:00 p.m.	Pilates (60 min)		Pilates (60 min)		
2:30 p.m.	Hip Hop Step (15 min.)	TRX (15 min.)	Washboard Wednesday (15 min.)	Yoga/Stretch (15 min.)	Zumba (15 minutes)
3:30 p.m.		Capoeira (30 min.)			
5:15 p.m.	Zumba (45 min.)	Power Flex (45 min)	Zumba (45 min.) This class will rotate every week	Chiseled (45 min.)	

Class Descriptions:

<p>Advanced Arms: Build up the muscles in your arms by performing slow, eccentric movements that will make you feel the burn!</p>	<p>Core Central: Develop strength, balance, and stability movement that targets the core for day to day life.</p>	<p>Peak Conditioning: Come get peak ready with exercises designed to help you reach peaks by walk, bike, or run.</p>	<p>Washboard Wednesday: Come get washboard abs through a variety of exercises</p>
<p>Body Burn: Start your morning off through a full body workout using all sorts of weights and other equipment. This workout will include weights, cardio, and agility!</p>	<p>Gluts n' all: Train and tighten all regions of the lower body and core with this toning class.</p>	<p>Pilates: This non-impact exercise is geared toward strengthening the spine while improving core and back strength, range of motion, and flexibility. All skill levels are welcome.</p>	<p>Wild Card: Surprise workout for you to get your heart rate up as well as have fun!</p>
<p>*Boot Camp: Professional personal trainer Ryan Cannon is here to help you get stronger and more toned during this eight-week course. **\$80. \$8 Drop in rate.</p>	<p>HIIT: This class will focus on short bursts of high intensity intervals followed by recovery periods.</p>	<p>Power Flex: Combination of body weight and weighted exercises designed to help build strength and muscle</p>	<p>Zumba: Aerobic fitness dance featuring movement inspired by Latin Dance.</p>
<p>Cardio HITT: Intense cardio interval training. Guaranteed to improve your cardiovascular endurance & make you sweat!</p>	<p>Hip Hop Step: Combination of basic aerobic step with a hip-hop flair!</p>	<p>Stretch: Come loosen up through a guided stretch class.</p>	<p>*Friday Yoga Class taught by Dominique Watts. The first class is free. \$7 class or \$50 for 10-class pass.</p>
<p>Capoeira: Capoeira is an Afro-Brazilian art form combining elements of martial arts, music, and dance; come prepared for a fun workout full of movement.</p>	<p>Lower Body Blast: Feel the burn as you ignite your gluts with a variety of exercise involving bands, weights, and your own body.</p>	<p>TRX: Come get a full body workout using TRX straps!</p>	
<p>Chiseled: Multi-model weight training class to carve out your ideal physique. Heavy weights included.</p>	<p>Nutritious & Delicious: Come learn the basics of eating healthy and how to prepare some quick, creative, and delicious meals to spice up your eating habits.</p>	<p>*Yoga: Fitness-based yoga class with hatha and vinyasa flow, which coordinates movement with breath. This class is great for beginners as plenty of modifications are offered.</p>	