

ARUP WELLNESS CENTER

Group Exercise Calendar

Times	Monday	Tuesday	Wednesday	Thursday	Friday
7:00–8:00		BEGINNER STRENGTH TRAINING 7:15 a.m.–7:45 a.m. Katie <i>Carl Kjeldsberg Wellness Center On-site Only</i>	CIRCUIT TRAINING 7:15 a.m.–7:45 a.m. Katie <i>Carl Kjeldsberg Wellness Center On-site Only</i>		
8:00–9:00					
10:00–11:00			CHAIR YOGA 10:00 a.m.–10:10 a.m. Melissa <i>Virtual Only</i>		CHAIR YOGA 10:00 a.m.–10:10 a.m. Melissa <i>Virtual Only</i>
			MOVE & STRETCH 10:30 a.m.–10:40 a.m. Melissa <i>Virtual Only</i>		BARRE 10:30 a.m.–10:40 a.m. Melissa <i>Virtual Only</i>
11:00–12:00	INTERMEDIATE STRENGTH TRAINING 11:00 a.m.–11:30 a.m. Katie <i>Carl Kjeldsberg Wellness Center On-site Only</i>		CORE & STRETCH 11:00 a.m.–11:25 a.m. Melissa <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>	INTERMEDIATE STRENGTH TRAINING 11:00 a.m.–11:30 a.m. Katie <i>Carl Kjeldsberg Wellness Center On-site Only</i>	
12:00–1:00	MOVE & STRETCH 12:00 p.m.–12:25 p.m. Melissa <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>	RESTORE YOGA 12:00 p.m.–1:00 p.m. Dominique <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>		MOVE & STRETCH 12:00 p.m.–12:25 p.m. Melissa <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>	YOGA FLOW 12:00 p.m.–1:00 p.m. Dominique <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>
1:00–2:00	PILATES 1:00 p.m.–2:00 p.m. Kate <i>Virtual Only</i>		PILATES 1:00 p.m.–2:00 p.m. Leia <i>Virtual Only</i>		
2:00–3:00		BARRE 2:00 p.m.–2:25 p.m. Melissa <i>Carl Kjeldsberg Wellness Center On-site & Virtual</i>		BEGINNER STRENGTH TRAINING 2:00 p.m.–2:30 p.m. Katie <i>Carl Kjeldsberg Wellness Center On-site Only</i>	

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Group Exercise Class Descriptions

BARRE

Beginner-friendly moves that incorporate a low-intensity strength hybrid of ballet, Pilates, & yoga while building upon muscle endurance. No equipment or experience necessary. Please dress comfortably; shoes are optional.

BEGINNER STRENGTH TRAINING

Beginner-friendly strength training that incorporates machine and free weights designed to increase muscular strength and endurance. No experience necessary. Please dress comfortably and bring a water bottle. Flat-soled athletic shoes are recommended.

CHAIR YOGA

A blend of physical and mental balance with poses to improve strength and mobility with the support of a chair. Providing you a pause in your day to breathe and reset.

CIRCUIT TRAINING

A high intensity cardio workout with timed bodyweight movements. Please dress in comfortable workout clothes and bring a water bottle and towel.

CORE & STRETCH

Strength class focused on the entire core followed by stretching.

FLOW YOGA

A flow sequence linking breath and postures to improve strength and mobility. Mindful movement that feels best to you and is available to all levels. Yoga mat recommended.

INTERMEDIATE STRENGTH TRAINING

Strength training class that utilizes free weights designed to increase muscular strength and size. This class is a great option if you already have some strength training experience. Please dress comfortably and bring a water bottle. Flat-soled athletic shoes are recommended.

MOVE & STRETCH

Including a variety of formats with intervals, strength, and more followed by stretching to target flexibility and mobility! Comfortable dress and athletic shoes are recommended.

PILATES

Low impact class designed to enhance core strength, flexibility, and body awareness using a mat and body weight. This class is adaptable to all fitness levels. Yoga mat and comfortable clothing are recommended.

RESTORE YOGA

A gentle form of yoga where poses are held for a longer duration with the support of props and movement between positions is slow and controlled.