

# Summer 2019

## Land Aerobic Schedule

**Orem Fitness Center – (June 3 – 30)**  
**Orem Friendship Center – (July 15 – August 31)**

*Aerobic Classes are 55 minutes, except where designated.*

Time	MON	TUE	WED	THU	FRI	SAT
<b>5:15-6 am</b>	Strength Training		Strength Training		Strength Training	
<b>5:30 am</b>		Spinning		Spinning		
<b>6 am</b>	High Fitness	Zumba	H.I.I.T	Zumba	High Fitness	
	Spinning	Power Pump	Spinning	Power Pump	Spinning	
<b>*6 am</b>	Spartan (Strength & Conditioning)		Spartan (Strength & Conditioning)		Spartan (Strength & Conditioning)	
<b>7 am</b>	Intro Pilates	Morning Yoga 7-7:50am	Intro Pilates	Morning Yoga 7-7:50am	Intro Pilates	Zumba
<b>8 am</b>	Tai-Chi	Silver Sneakers® Circuit		Silver Sneakers® Circuit	Tai-Chi	Barre
<b>9 am</b>	Zumba	Sculpting	Zumba	Sculpting	Zumba	STRONG by Zumba
	Spinning		Spinning		Spinning	
<b>10 am</b>	Silver Sneakers® Classic	Yoga 10:05-11:15am	Silver Sneakers® Classic	Yoga 10:05-11:15am	Silver Sneakers® Classic	Yoga 10:10-11:20am
	Pilates		Pilates		Pilates	
<b>5 pm</b>			Prenatal Yoga			
<b>6 pm</b>	Barre	Zumba	Barre	Zumba		
		Spinning		Spinning		
<b>7 pm</b>	Zumba	Yoga	Zumba	Yoga		
<b>8 pm</b>	Yoga	HIGH Fitness	Yoga	HIGH Fitness		

*\*Spartan (Strength & Conditioning) Class – Previous exercise experience preferred or beneficial.*

**Child Care Available at both facilities: M-F 8am-12n - M-Th 5-9pm - Sat 8-11:30am)**