

# 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
5:15-6 am	Strength Training		Strength Training		Strength Training	
5:30 am		Spinning		Spinning		
6 am	High Fitness	Zumba	H.I.I.T	Zumba	High Fitness	
	Spinning	Power Pump	Spinning	Power Pump	Spinning	
*6 am	Spartan (Strength & Conditioning)		Spartan (Strength & Conditioning)		Spartan (Strength & Conditioning)	
7 am	Intro Pilates	Morning Yoga 7-7:50am	Intro Pilates	Morning Yoga 7-7:50am	Intro Pilates	Zumba
8 am	Tai-Chi	Silver Sneakers® Circuit		Silver Sneakers® Circuit	Tai-Chi	Barre
9 am	Zumba	Sculpting	Zumba	Sculpting	Zumba	STRONG by Zumba
	Spinning		Spinning		Spinning	
10 am	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	
5 pm			Prenatal Yoga			
6 pm	Barre	Zumba	Barre	Zumba		
		Spinning		Spinning		
7 pm	Zumba	Yoga	Zumba	Yoga		
8 pm	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)**