

River Road Class Schedule



Effective May 1, 2026

Please visit our website or app for class descriptions.

MAIN GYM *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
5:30am	Zumba Toning	Laurie	9:30am	High Fitness	Britlyn	5:30am	High Low	Lyndsey	9:30am	High Fitness	Katie	5:30am	CHISEL	Jordan	8:00am	High Fitness	Heather
9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Meagan P	9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Jeanne	9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Angelina
			5:30pm	Group Power	Jenn				5:30pm	Group Power	Jenn						

SPIN *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
7:30am	SPIN	Emily	5:30am	ROAD RIDE	Nicole S	5:30am	SPIN	Jill	5:30am	SPIN	Sarah	8:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Micah
8:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Jill	8:30am	SPIN	Amy C	8:30am	SPIN	Emily						
6:30pm	SPIN FLEX	Nicole S	9:30am	ROAD RIDE	Nicole S	9:30am	SPIN FLEX	Nicole S	9:30am	SPIN	Melissa						
			6:30pm	SPIN FLEX	Colby	6:30pm	SPIN	Nicole S									

CAVE *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:30am	Lower Body Power Circuit	Nicole S	9:30am	Strength & Sweat	Reagan	8:30am	Power Circuit	Nicole S	8:30am	Strength & Sweat	Melissa	9:30am	TRX Power Circuit	Nicole S

MIND & BODY *all classes included in multi-club membership*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	Barre	Amy C	NEW 6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Haylee L	NEW 6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Kenna	7:30am	Hot Pilates Burn	Nicole B
7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	8:30am	Healthy Posture	Lorri
8:30am	Mat Pilates	Micah	8:30am	Yoga Elements	Lisa	8:30am	Mat Pilates	Barbara	8:30am	Yoga Elements	Lisa	8:30am	Mat Pilates	Tara	9:45am	Barre	Tara
9:30am	Barre	Amy C	9:45am	Mat Pilates	Amy D	9:30am	Barre	Amy C	9:45am	Pilates Burn	Ava	9:30am	Barre	Heather	10:45am	Power Flow	Micah
10:45am	Power Flow	Rachel	11:00am	Chair Yoga	Tessa	10:45am	Power Flow	Haley P	11:00am	Chair Yoga	Sadie	10:45am	Power Flow	Sunhee			
12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator <small>*75 minutes*</small>	Jeanne	12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator <small>*75 minutes*</small>	Jeanne	12:15pm	Healthy Posture	Lorri			
5:30pm	Barre	Tara	5:30pm	Barre	Brittney	5:30pm	Pilates Burn	Nicole B	5:30pm	Barre	Nicole B						
NEW 6:30pm	SurgeFit	Whitney	6:30pm	Hot Power Flow	Sadie	6:30pm	Vinyasa	Kiele	6:30pm	Hot Pilates Burn	Nicole B						
7:45pm	Hot Pilates Burn	Kenna	7:30pm	Hot Pilates Burn	Kenna	7:45pm	Hot Pilates Burn	Ava							9:15am	Vinyasa	Team

POOL *all classes included in multi-club membership*

MONDAY			WEDNESDAY			FRIDAY		
9:00am	AquaFit	Tamee	9:00am	AquaFit	Tamee	NEW 9:00am	AquaFit	Angelina

NEW 9:00am
begins 5/8

GROUP TRAINING Group Training Membership Required

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
8:30am	TOTAL	Maria B	6:00am	TOTAL	Jamie J	8:30am	H.I.I.T.	Sheri	6:00am	TOTAL	Jamie J	8:30am	TOTAL	Sheri
			8:30am	TOTAL	Jamie J				8:30am	TOTAL	Maria B			

REFORMER STUDIO 9 Reformer Membership Required

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	Booty Burn	Aly	6:00am	Flow	Aly	6:00am	Cardio Flow	Heather T	6:00am	Burn	Aly	7:00am	Fundamental Flow	Jaime H	7:00am	Booty Burn	Team
7:00am	Flow	Amy D	8:00am	Advanced Flow <small>**reformer experience required**</small>	Amy D	7:00am	Tower	Heather T	7:00am	Burn	Lou	9:00am	Booty Burn	Amber P	8:00am	Fundamental Flow	Team
8:00am	Tower	Amy D	9:00am	Flow	Brooke	8:00am	Burn	Heather T	8:00am	Advanced Burn <small>**reformer experience required**</small>	Lou	10:00am	Cardio Flow	Amber P	9:00am	Burn	Team
9:00am	Cardio Flow	Amy D	10:00am	Breathe	Brooke	9:00am	Flow	JoLynn	9:00am	Booty Burn	Cassie	11:00am	Booty Burn	Cassie	10:00am	Cardio Flow	Team
11:00am	Fundamental Flow	Erika	11:00am	Booty Burn	Brooke	10:00am	Fundamental Flow	JoLynn	10:00am	Breathe	Cassie	12:00pm	Breathe	Cassie			
12:00pm	Burn	Erika	5:30pm	Fundamental Flow	Jaime H	11:00am	Cardio Flow	Erika	5:30pm	Cardio Flow	Brooke						
5:30pm	Burn	Erika	6:30pm	Burn	Jaime H	12:00pm	Fundamental Flow	Erika	6:30pm	Fundamental Flow	Brooke						
6:30pm	Booty Burn	Erika				5:30pm	Booty Burn	Amy D									
						6:30pm	Advanced Flow <small>**reformer experience required**</small>	Amy D									

REFORMER STUDIO 7 Reformer Membership Required

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
9:30am	Flow	Erika	9:30am	Tower	Meagan G	8:30am	Tower	Bailey	9:30am	Flow	Meagan G	8:30am	Fundamental Flow	Jaime H
10:30am	Booty Burn	Leah	10:30am	Advanced Flow <small>**reformer experience required**</small>	Meagan G	9:30am	Cardio Flow	Bailey	10:30am	Burn	Meagan G	9:30am	Burn	Jaime H
11:30am	Advanced Burn <small>**reformer experience required**</small>	Leah	11:30am	Flow	Meagan G	10:30am	Burn	Bailey	11:30am	Cardio Flow	Meagan G			



Scan the QR code for a complete list of classes and class descriptions

Summit Athletic Club ~ River Road Location

1532 E 1450 S St. George, UT 84790

(435) 628-5000 | www.summitathleticclub.com

Club Hours: *Monday - Friday 5am - 10pm; *Saturday 6am - 10pm; *Sunday 7am - 7pm

Childcare Hours: *Monday - Thursday 8am - 8:30pm; *Friday 8am - 5pm; *Saturday 8am - 1pm