

# River Senior Favorites



Effective June 1, 2026

## Silver & Fit Categories

Strength Training

Special Conditions

Senior Yoga

Senior Dance

Fall Prevention

Aqua

<b>MAIN GYM</b>			<b>TUESDAY</b>			<b>WEDNESDAY</b>			<b>MAIN GYM</b>
	10:45am	<b>Fit &amp; Fun</b> <i>*beginner*</i>	Meagan P	5:30am	<b>High Low</b> <i>*beginner/intermediate*</i>	Lyndsey			
	<b>THURSDAY</b>			<b>SATURDAY</b>					
	10:45am	<b>Fit &amp; Fun</b> <i>*beginner*</i>	Jeanne	10:45am	<b>Fit &amp; Fun</b> <i>*beginner*</i>	Angelina			

<b>POOL</b>	<b>MONDAY</b>		<b>WEDNESDAY</b>			<b>THURSDAY</b>			<b>POOL</b>	
	9:00am	<b>AquaFit</b>	Tamee	9:00am	<b>AquaFit</b>	Tamee	9:00am	<b>AquaFit</b>		Deanna
	<b>FRIDAY</b>									
	9:00am	<b>AquaFit</b>	Angelina							

<b>MIND &amp; BODY</b>	<b>MONDAY</b>		<b>TUESDAY</b>			<b>WEDNESDAY</b>			<b>MIND &amp; BODY</b>	
	7:15am	<b>Healthy Posture</b> <i>*beginner*</i>	Lorri	7:15am	<b>Align &amp; Restore</b> <i>*beginner/intermediate*</i>	Jeanne	7:15am	<b>Healthy Posture</b> <i>*beginner*</i>		Lorri
	8:30am	<b>Mat Pilates</b> <i>*intermediate*</i>	Micah	8:30am	<b>Yoga Elements</b> <i>*beginner*</i>	Lisa	8:30am	<b>Mat Pilates</b> <i>*intermediate*</i>		Barbara
	12:15pm	<b>Healthy Posture</b> <i>*beginner*</i>	Lorri	9:45am	<b>Mat Pilates</b> <i>*intermediate*</i>	Amy D	12:15pm	<b>Healthy Posture</b> <i>*beginner*</i>		Lorri
				11:00am	<b>Chair Yoga</b> <i>*beginner*</i>	Tessa	6:30pm	<b>Vinyasa</b> <i>*beginner*</i>		Kiele
				12:00pm	<b>Fascianator</b> <i>*75 minutes* *beginner*</i>	Jeanne				
	<b>THURSDAY</b>		<b>FRIDAY</b>			<b>SATURDAY</b>				
	7:15am	<b>Align &amp; Restore</b> <i>*beginner/intermediate*</i>	Jeanne	7:15am	<b>Healthy Posture</b> <i>*beginner*</i>	Lorri	8:30am	<b>Healthy Posture</b> <i>*beginner*</i>		Lorri
	8:30am	<b>Yoga Elements</b> <i>*beginner*</i>	Lisa	8:30am	<b>Mat Pilates</b> <i>*intermediate*</i>	Tara				
	11:00am	<b>Chair Yoga</b> <i>*beginner*</i>	Sadie	12:15pm	<b>Healthy Posture</b> <i>*beginner*</i>	Lorri	<b>SUNDAY</b>			
	12:00pm	<b>Fascianator</b> <i>*75 minutes* *beginner*</i>	Jeanne				9:15am	<b>Yoga Stretch</b> <i>*beginner*</i>		Kara K
	<p>Please visit our website or app for class descriptions.</p>									

Summit Athletic Club ~ River Road Location

1532 E 1450 S, St. George, UT; 84790

(435) 628-5000

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