

River Road Youth Classes

Effective April 1, 2026

Certified Youth 9+ years	Certified Youth 11+ years	Certified Youth 13+ years
minimum age for all other classes is 15 years unless otherwise noted		



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

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

POOL	MONDAY		WEDNESDAY			POOL
	9:00am	AquaFit <small>**begins 4/13**</small>	Tamee	2:00pm	AquaFit <small>**begins 4/8**</small>	

MIND & BODY

MIND & BODY

MONDAY			TUESDAY			WEDNESDAY		
6:00am	Barre	Amy C	6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Haylee L
7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri
8:30am	Mat Pilates	Micah	8:30am	Yoga Elements	Lisa	8:30am	Mat Pilates	Martha
9:30am	Barre	Amy C	9:45am	Mat Pilates	Amy D	9:30am	Barre	Amy C
10:45am	Power Flow	Rachel	11:00am	Chair Yoga	Tessa	10:45am	Power Flow	Haley P
12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator <i>*75 minutes*</i>	Jeanne	12:15pm	Healthy Posture	Lorri
5:30pm	Barre	Tara	5:30pm	Barre	Madi	5:30pm	Pilates Burn	Nicole B
6:30pm	SurgeFit	Whitney	6:30pm	Hot Power Flow	Sadie	6:30pm	Vinyasa	Kiele
7:30pm	Hot Pilates Burn	Kenna	7:30pm	Hot Pilates Burn	Kenna	7:45pm	Hot Pilates Burn	Martha
THURSDAY			FRIDAY			SATURDAY		
6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Kenna	7:30am	Hot Pilates Burn	Nicole B
7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	8:30am	Healthy Posture	Lorri
8:30am	Yoga Elements	Lisa	8:30am	Mat Pilates	Tara	9:45am	Barre	Tara
9:45am	Pilates Burn	Martha	9:30am	Barre	Heather	10:45am	Power Flow	Micah
12:00pm	Fascinator <i>*75 minutes*</i>	Jeanne	10:45am	Power Flow	Sunhee			
4:00pm	Balance & Breathe	Julie	12:15pm	Healthy Posture	Lorri			
5:30pm	Barre	Nicole B						
6:30pm	Hot Pilates Burn	Nicole B						
7:30pm	Restorative	Michele						
						SUNDAY		
						9:15am	Vinyasa	Team

Please visit our website or app for class descriptions.

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