River Road Class Schedule

SUMMIT ATHLETIC CLUB

Effective November 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		
9:30am	**Group Power**	Deb/Sheri	9:30am	**High Fitness**	Candice	5:30am	**High Low**	Martha	9:30am	**High Fitness**	Katie	5:30am	**CHISEL**	Jordan	8:00am	**High Fitness**	Heather/Katie
			10:45am	**Fit & Fun**	Meagan	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	7:30am	**SPIN**	Nicole S	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	6:30pm	**SPIN**	Nicole S	9:30am	**SPIN**	Melissa						

SHED *all classes included in multi-club membership*

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

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	**Barre**	Amy C	6:00am	**Power Flow**	Hayley N	6:00am	**Hot Pilates Burn**	Haylee L	6:00am	**Power Flow**	Hayley N	6:00am	**Hot Pilates Burn**	Kayla	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**	Liz	8:30am	**Mat Pilates**	Barbara	8:30am	**Yoga Elements**	Amy D	8:30am	**Mat Pilates**	Tara	9:45am	**Barre**	Tara
9:30am	**Barre**	Amy C	9:45am	**Mat Pilates**	Kenna	9:30am	**Barre**	Amy C	9:45am	**Pilates Burn**	Martha	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	**SUNDAY**		
12:15pm	**Healthy Posture**	Lorri	12:00pm	**Fascianator** **75 minutes**	Jeanne	12:15pm	**Healthy Posture**	Lorri	12:00pm	**Fascianator** **75 minutes**	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				9:15am	**Yoga Stretch**	Kara K
7:45pm	**Hot Pilates Burn**	Kenna	6:30pm	**Hot Power Flow**	Sadie	6:30pm	**Vinyasa**	Kiele	6:30pm	**Hot Pilates Burn**	Nicole B				10:30am	**Soft Flow & Deep Stretch**	Kara K
			7:30pm	**Hot Pilates Burn**	Kenna	7:45pm	**Hot Pilates Burn**	Ava									

POOL *all classes included in multi-club membership*

MONDAY			WEDNESDAY			FRIDAY		
2:00pm	**AquaFit**	Tamee	2:00pm	**AquaFit**	Tamee	2:00pm	**AquaFit**	Team

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**	Martha	6:00am	**Flow**	Martha	6:00am	**Flow**	Heather T	6:00am	**Burn**	Heather O	6:00am	**Burn**	Jamie J	7:00am	**Booty Burn**	Team
7:00am	**Flow**	Amy D	8:00am	**Advanced Flow** ***reformer experience required***	Amy D	7:00am	**Tower**	Heather T	7:00am	**Burn**	Lou	7:00am	**Fundamental Flow**	Jamie J	8:00am	**Fundamental Flow**	Team
8:00am	**Tower**	Amy D	9:00am	**Tower**	Meagan G	8:00am	**Burn**	Heather T	8:00am	**Advanced Burn** ***reformer experience required***	Lou	9:00am	**Booty Burn**	Amber P	9:00am	**Burn**	Team
9:00am	**Cardio Flow**	Amy D	10:00am	**Advanced Flow** ***reformer experience required***	Meagan G	9:00am	**Flow**	JoLynn	9:00am	**Booty Burn**	Lou	10:00am	**Cardio Flow**	Amber P	10:00am	**Cardio Flow**	Team
11:00am	**Fundamental Flow**	Erika	11:00am	**Flow**	Meagan G	10:00am	**Fundamental Flow**	JoLynn	10:00am	**Breathe**	Cassie	11:00am	**Booty Burn**	Taleah			
12:00pm	**Burn**	Erika	5:30pm	**Fundamental Flow**	Jaime H	11:00am	**Cardio Flow**	Erika	5:30pm	**Burn**	Brooke	12:00pm	**Breathe**	Taleah			
5:30pm	**Breathe**	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** ***reformer experience required***	Amy D									

REFORMER STUDIO 7 *Reformer Membership Required*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY		
9:30am	**Flow**	Erika	8:30am	**HP Reformer** **Healthy Posture on the Reformer!**	Lorri	8:30am	**HP Reformer** **Healthy Posture on the Reformer!**	Lorri	8:30am	**HP Reformer** **Healthy Posture on the Reformer!**	Lorri
10:30am	**Booty Burn**	Leah	9:30am	**Flow**	Brooke	9:30am	**Booty Burn**	Bailey	9:30am	**Flow**	Meagan G
11:30am	**Breathe**	Leah	10:30am	**Fundamental Flow**	Brooke	10:30am	**Burn**	Bailey	10:30am	**Burn**	Meagan G
			11:30am	**Booty Burn**	Brooke				11:30am	**Cardio Flow**	Meagan G

PICKLEBALL *included in multi-club membership*

Open Play is perfect for players of all skill levels looking to enjoy a fun, social, and competitive atmosphere. Played in a **"King's Court"** format, winners move up and losers move down, giving you the chance to compete against a variety of players. It's a great way to get more court time, challenge yourself, and connect with others in the pickleball community.

ALL OPEN PLAY NEEDS TO BE RESERVED VIA COURT RESERVE

Scan the QR code to reserve your spot via Court Reserve!

WEDNESDAY		
5:30pm-6:30pm	**Open Play**	**make sure to reserve your spot!**

SATURDAY		
9am - 11am	**Open Play**	**make sure to reserve your spot!**

SUMMIT ATHLETIC CLUB

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

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