

River Road Class Schedule



Effective March 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	Martha	5:30am	High Low	Martha	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	Jordan	9:30am	Step & Sculpt	Angelina
			5:30pm	Group Power	Jenn	5:30pm	HIIT 60	Jordan	5:30pm	Group Power	Jenn				10:45am	Fit & Fun	Angelina

SPIN

all classes included in multi-club membership

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY							
8:30am	ROAD RIDE	Nicole S	5:30am	ROAD RIDE	Nicole S	5:30am	SPIN	Jill	5:30am	SPIN	Sarah	8:30am	ROAD RIDE	Nicole S	8:30am	SPIN	Micah
9:30am	SPIN	Emily	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	TRX	Nicole S	8:30am	BEAST	Nicole S	8:30am	Powerhouse	Melissa	9:30am	TRX	Nicole S
			9:30am	Chaos	Reagan	9:30am	Chaos	Shayli			

MIND & BODY

all classes included in multi-club membership

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY				
6:00am	Barre	Amy C	6:00am	Zenergy Flow	Jeanne	6:00am	Zenergy Flow	Jeanne	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	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	Yoga Elements	Lisa	8:30am	Mat Pilates	Tara	9:45am	Mat Pilates	Tara
9:30am	Barre	Amy C	9:45am	Mat Pilates	Amy D	9:30am	Barre	Amy C	9:45am	Pilates Burn	Martha	9:30am	Barre	Heather
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	Micah
12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator	Jeanne	12:15pm	Fascinator	Jeanne	12:00pm	Fascinator	Jeanne	12:15pm	Power Flow	Sunhee
5:30pm	Barre	Tara	5:30pm	Barre	Madi	5:30pm	Barre	Nicole B	5:30pm	Barre	Nicole B		Healthy Posture	Lorri
6:30pm	SurgeFit	Whitney	6:30pm	Hot Power Flow	Sadie	6:30pm	Hot Pilates Burn	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	Martha	7:30pm	Restorative	Michele			

POOL

all classes included in multi-club membership

MONDAY		WEDNESDAY			
2:00pm	AquaFit	Tamee	2:00pm	AquaFit	Tamee
	<small>*begins 3/16**</small>			<small>*begins 3/16**</small>	

GROUP TRAINING

Group Training Membership Required

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

REFORMER STUDIO 9

Reformer Membership Required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00am	Booty Burn	Aly	Flow	6:00am	Cardio Flow	Heather T	6:00am	Burn	Aly	7:00am	7:00am
7:00am	Flow	Amy D	Booty Burn	7:00am	Control	Heather T	7:00am	Burn	Lou	8:00am	8:00am
8:00am	Control	Amy D	Flow	8:00am	Burn	Heather T	8:00am	Advanced Burn <small>(Reformer Cardio Reformer)</small>	Lou	9:00am	9:00am
9:00am	Cardio Flow	Lindsay M	Breathe	9:00am	Flow	Jolynn	9:00am	Booty Burn	Cassie	10:00am	10:00am
11:00am	Fundamental Flow	Erika	Booty Burn	10:00am	Fundamental Flow	Jolynn	10:00am	Breathe	Cassie	11:00am	11:00am
12:00pm	Burn	Erika	Burn	11:00am	Cardio Flow	Erika	6:30pm	Fundamental Flow	Brooke	12:00pm	
5:30pm	Burn	Erika	Cardio Flow	12:00pm	Fundamental Flow	Erika					
6:30pm	Booty Burn	Erika	Fundamental Flow	5:30pm	Booty Burn	Amy D					
				6:30pm	Advanced Flow <small>(Reformer Cardio Reformer)</small>	Amy D					

REFORMER STUDIO 7

Reformer Membership Required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9:30am	Flow	Amy D	9:30am	Control	Meagan G	9:30am	Flow	Meagan G	8:30am
10:30am	Booty Burn	Leah	10:30am	Advanced Flow <small>(Reformer Cardio Reformer)</small>	Meagan G	10:30am	Burn	Meagan G	9:30am
11:30am	Advanced Burn <small>(Reformer Cardio Reformer)</small>	Leah	11:30am	Flow	Meagan G	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