

# Sunset Class Schedule

Effective July 1, 2026

Please visit our website or app for class descriptions.



## FITNESS

*all classes included in multi-club membership*

| MONDAY  |                 |           | TUESDAY |               |           | WEDNESDAY |                 |                | THURSDAY |                 |           | FRIDAY  |                 |             | SATURDAY |              |         |
|---------|-----------------|-----------|---------|---------------|-----------|-----------|-----------------|----------------|----------|-----------------|-----------|---------|-----------------|-------------|----------|--------------|---------|
| 6:00am  | High Fitness    | Danielle  | 5:30am  | CHISEL        | Jordan    | 6:00am    | High Fitness    | Derica         | 5:30am   | CHISEL          | Jordan    | 6:00am  | High Fitness    | Emily L     | 8:00am   | High Fitness | Stacy   |
| 7:15am  | Silver Fit      | Meagan N  | 8:30am  | Athletic Step | Marty     | 8:00am    | STEP            | Amy D / Kara K | 6:30am   | HIIT 60         | Jordan    | 7:15am  | Silver Fit      | Jordan      | 9:00am   | High Yo      | Stacy   |
| 8:15am  | CHISEL 30       | Lacy Dawn | 9:30am  | Surge Fit     | Tangi     | 9:00am    | High Fitness    | Heather        | 8:30am   | Athletic Step   | Marty     | 8:25am  | High Fitness    | Tangi/Stacy | 9:30am   | LDUB CLUB    | Laci    |
| 9:00am  | High Fitness    | Tangi     | 10:30am | CHISEL        | Lacy Dawn | 10:00am   | High Yo         | Heather        | 9:30am   | Surge Fit       | Whitney   | 9:30am  | LDUB CLUB       | Laci        | 10:30am  | CHISEL       | Amber P |
| 10:00am | High Yo         | Tangi     | 11:30am | High Yo       | Lacy Dawn | 10:40am   | Healthy Posture | Lorri          | 10:30am  | CHISEL          | Lacy Dawn | 10:40am | Healthy Posture | Lorri       | SUNDAY   |              |         |
| 10:40am | Healthy Posture | Lorri     | 12:15pm | Silver Fit    | Jordan    | 4:15pm    | Healthy Posture | Lorri          | 11:30am  | High Yo         | Lacy Dawn |         |                 |             |          |              |         |
| 4:15pm  | Healthy Posture | Lorri     | 5:30pm  | DanceFIT      | Jordan    | 5:30pm    | CHISEL          | Amber P        | 12:15pm  | Silver Fit      | Jordan    |         |                 |             |          |              |         |
| 5:30pm  | CHISEL          | Jordan    | 6:30pm  | CHISEL        | Candice   | 6:30pm    | LDUB CLUB       | Laci           | 5:30pm   | High Fitness 30 | Lacy Dawn |         |                 |             |          |              |         |
| 6:30pm  | LDUB CLUB       | Laci      | 7:30pm  | RIOT          | Lacy Dawn | 7:30pm    | HIP HOP         | Tierra         | 6:00pm   | High Yo 30      | Lacy Dawn |         |                 |             |          |              |         |
| 7:30pm  | RIOT            | Lacy Dawn |         |               |           |           |                 |                | 6:30pm   | LDUB CLUB       | Laci      |         |                 |             |          |              |         |

## MIND & BODY

*all classes included in multi-club membership*

| MONDAY  |                          |                | TUESDAY |                            |          | WEDNESDAY |                           |         | THURSDAY |                                      |         | FRIDAY  |                 |          | SATURDAY |                                |         |  |  |  |
|---------|--------------------------|----------------|---------|----------------------------|----------|-----------|---------------------------|---------|----------|--------------------------------------|---------|---------|-----------------|----------|----------|--------------------------------|---------|--|--|--|
| 5:30am  | Hot Pilates Burn         | Lucy           | 6:00am  | Hot Power Flow             | Sadie    | 6:00am    | Barre                     | Kara A  | 6:00am   | Hot Power Flow                       | Sadie   | 6:00am  | Barre           | Danielle | 7:00am   | Sunrise Yoga                   | Team    |  |  |  |
| 8:00am  | Align & Restore          | Jeanne         | 8:15am  | Mat Pilates                | Heidi    | 7:00am    | Align & Restore           | Jeanne  | 9:15am   | Barre                                | Amy C   | 7:00am  | Align & Restore | Jeanne   | 8:00am   | Pilates Burn                   | Team    |  |  |  |
| 9:00am  | Fascianator              | Jeanne         | 9:15am  | Heated Vinyasa             | Heidi    | 8:00am    | Fascianator               | Jeanne  | 10:15am  | Mindful Flow & Yin                   | Breanna | 9:15am  | Vinyasa         | Micah    | 9:00am   | Fascianator<br>*75 minutes*    | Jeanne  |  |  |  |
| 10:15am | Mat Pilates              | Tara           | 10:15am | Hot Pilates Burn           | Heidi    | 10:15am   | Barre                     | Kara A  | 11:15am  | Yoga for Athletic Recovery           | Amber G | 10:15am | Pilates Burn    | Micah    | 10:30am  | Zenergy Flow                   | Jeanne  |  |  |  |
| 5:30pm  | Power Flow               | Micah          | 11:15am | Yoga for Athletic Recovery | Amber G  | 11:15am   | Kundalini<br>*90 minutes* | Breanna | 12:15pm  | Hot Pilates Burn                     | Amber G | 11:15am | Slow & Sound    | Tiffany  | SUNDAY   |                                |         |  |  |  |
| 6:30pm  | Barre                    | Kara A / Micah | 12:15pm | Hot Pilates Burn           | Amber G  | 4:15pm    | Gentle Yoga & Mindfulness | Barbara | 5:30pm   | Barre                                | Micah   | 12:30pm | Chair Yoga      | Jane     |          |                                |         |  |  |  |
| 7:30pm  | Gentle Flow & Meditation | Michele        | 5:30pm  | Pilates Burn               | Nicole B | 5:30pm    | Heated Vinyasa            | Barbara | 7:00pm   | Sound Therapy & Flow<br>*75 minutes* | Jessi   |         |                 |          | 9:00am   | Heated Vinyasa<br>*90 minutes* | Nels    |  |  |  |
|         |                          |                | 7:00pm  | Mindful Flow & Yin         | Chelise  | 6:30pm    | Hot Pilates Burn          | Amber P |          |                                      |         |         |                 |          | 11:00am  | Kundalini<br>*90 minutes*      | Breanna |  |  |  |
|         |                          |                |         |                            |          | 7:30pm    | Yin                       | Breanna |          |                                      |         |         |                 |          | 5:00pm   | Yin                            | Breanna |  |  |  |
|         |                          |                |         |                            |          |           |                           |         |          |                                      |         |         |                 |          | 6:00pm   | Meditation<br>*30 minutes*     | Breanna |  |  |  |

# GROUP TRAINING Group Training Membership Required

| MONDAY  |                      |          | TUESDAY |          |                 | WEDNESDAY |                      |         | THURSDAY |              |         | FRIDAY |          |       | SATURDAY |       |      |
|---------|----------------------|----------|---------|----------|-----------------|-----------|----------------------|---------|----------|--------------|---------|--------|----------|-------|----------|-------|------|
| 6:00am  | TOTAL                | Jordan   | 6:00am  | H.I.I.T. | Tangi           | 6:00am    | TOTAL                | Jordan  | 6:00am   | Tread & Turf | Tangi   | 6:00am | TOTAL    | Madi  | 7:00am   | BURN  | Team |
| 7:00am  | TOTAL                | Jordan   | 7:00am  | TREAD    | Kristen         | 7:00am    | TOTAL                | Jordan  | 7:00am   | TREAD        | Kristen | 9:30am | H.I.I.T. | Devin | 10:00am  | TOTAL | Team |
| 9:30am  | TOTAL                | Meagan N | 8:30am  | TREAD    | Amber G         | 9:30am    | TOTAL                | Maria B | 8:30am   | TOTAL        | Amber G |        |          |       |          |       |      |
| 12:15pm | Fitness Fundamentals | Jordan   | 9:30am  | H.I.I.T. | Amber G         | 12:15pm   | Fitness Fundamentals | Jordan  | 9:30am   | Tread & Turf | Kara    |        |          |       |          |       |      |
|         |                      |          | 5:30pm  | TOTAL    | Amber G / Maria |           |                      |         |          |              |         |        |          |       |          |       |      |

# ATHLETIC REFORMERS Reformer Membership Required

*Athletic Reformer classes combine the principles of classical Pilates with slow, controlled movements to emphasize muscular endurance, strength, and serious core power. Expect precise cueing, sustained resistance, and a workout that leaves your muscles shaking, your core fired up, and your body feeling stronger and more connected.*

**BURN 45** = a full body burnout.

**SWEAT 45** = a cardio version of our Burn classes with an emphasis on low-intensity cardio intervals.

**CLASSIC 45** = classical Reformer Pilates on the Athletic Reformers.

| MONDAY  |         |         | TUESDAY |            |          | WEDNESDAY |          |        | THURSDAY |            |          | FRIDAY  |          |         | SATURDAY |         |      |
|---------|---------|---------|---------|------------|----------|-----------|----------|--------|----------|------------|----------|---------|----------|---------|----------|---------|------|
| 6:00am  | BURN 45 | Tangi   | 6:30am  | BURN 45    | Jordan   | 6:00am    | SWEAT 45 | Jessi  | 6:30am   | BURN 45    | Nicole S | 6:00am  | BURN 45  | Amber P | 8:00am   | BURN 45 | Team |
| 9:00am  | BURN 45 | Heather | 7:30am  | BURN 45    | Nicole S | 9:30am    | BURN 45  | Jessi  | 8:30am   | BURN 45    | Tangi    | 7:00am  | BURN 45  | Amy D   | 9:00am   | BURN 45 | Team |
| 10:00am | BURN 45 | Heather | 8:30am  | BURN 45    | Amber P  | 10:30am   | BURN 45  | Jessi  | 9:30am   | BURN 45    | Tangi    | 8:00am  | SWEAT 45 | Amy D   |          |         |      |
| 5:30pm  | BURN 45 | Amber G | 9:30am  | BURN 45    | Amber P  | 5:30pm    | BURN 45  | Leslie | 10:30am  | CLASSIC 45 | Amy D    | 9:00am  | BURN 45  | Jamie J |          |         |      |
| 6:30pm  | BURN 45 | Amber G | 11:30am | CLASSIC 45 | Erika    |           |          |        | 5:30pm   | BURN 45    | Erika    | 10:00am | BURN 45  | Jamie J |          |         |      |
|         |         |         | 5:30pm  | BURN 45    | Amy D    |           |          |        |          |            |          |         |          |         |          |         |      |



**Summit Athletic Club ~ Sunset Location**  
 2203 W Sunset Blvd; St. George, UT; 84770  
 (435) 628-2151 | [www.summitathleticclub.com](http://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; \*Sunday Closed

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

