# River Senior Favorites

SUMMIT ATHLETIC CLUB

***Effective November 1, 2026***

**Silver & Fit Categories**

*Strength Training* | *Special Conditions* | *Senior Yoga* | *Senior Dance* | *Fall Prevention* | *Aqua*

## MAIN GYM

### TUESDAY

| | | |
|---|---|---|
| 10:45am | **Fit & Fun** **beginner** | Meagan P |

### WEDNESDAY

| | | |
|---|---|---|
| 5:30am | **High Low** **beginner/intermediate** | Martha |

### THURSDAY

| | | |
|---|---|---|
| 10:45am | **Fit & Fun** **beginner** | Jeanne |

### SATURDAY

| | | |
|---|---|---|
| 10:45am | **Fit & Fun** **beginner** | Angelina |

## POOL

### MONDAY

| | | |
|---|---|---|
| 2:00pm | **AquaFit** | Tamee |

### WEDNESDAY

| | | |
|---|---|---|
| 2:00pm | **AquaFit** | Tamee |

### FRIDAY

| | | |
|---|---|---|
| 2:00pm | **AquaFit** | Team |

## MIND & BODY

### MONDAY

| | | |
|---|---|---|
| 7:15am | **Healthy Posture** **beginner** | Lorri |
| 8:30am | **Mat Pilates** **intermediate** | Micah |
| 12:15pm | **Healthy Posture** **beginner** | Lorri |

### TUESDAY

| | | |
|---|---|---|
| 7:15am | **Align & Restore** **beginner/intermediate** | Jeanne |
| 8:30am | **Yoga Elements** **beginner** | Liz |
| 9:45am | **Mat Pilates** **intermediate** | Kenna |
| 11:00am | **Chair Yoga** **beginner** | Tessa |
| 12:00pm | **Fascianator** **75 minutes* *beginner** | Jeanne |

### WEDNESDAY

| | | |
|---|---|---|
| 7:15am | **Healthy Posture** **beginner** | Lorri |
| 8:30am | **Mat Pilates** **intermediate** | Barbara |
| 12:15pm | **Healthy Posture** **beginner** | Lorri |

### THURSDAY

| | | |
|---|---|---|
| 7:15am | **Align & Restore** **beginner/intermediate** | Jeanne |
| 8:30am | **Yoga Elements** **beginner** | Amy D |
| 11:00am | **Chair Yoga** **beginner** | Sadie |
| 12:00pm | **Fascianator** **75 minutes* *beginner** | Jeanne |

### FRIDAY

| | | |
|---|---|---|
| 7:15am | **Healthy Posture** **beginner** | Lorri |
| 8:30am | **Mat Pilates** **intermediate** | Tara |
| 12:15pm | **Healthy Posture** **beginner** | Lorri |

### SATURDAY

| | | |
|---|---|---|
| 8:30am | **Healthy Posture** **beginner** | Lorri |

### SUNDAY

| | | |
|---|---|---|
| 9:15am | **Yoga Stretch** **intermediate** | Kara K |
| 10:30am | **Soft Flow & Deep Stretch** | Kara K |

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