

River Senior Favorites



Effective October 1, 2026

Effective October 1, 2026				Silver & Fit Categories							
				Strength Training		Special Conditions	Senior Yoga	Senior Dance		Fall Prevention	Aqua
MAIN GYM				TUESDAY			WEDNESDAY				
				10:45am	Fit & Fun <i>*beginner*</i>	Meagan P	5:30am	High Low <i>*beginner/intermediate*</i>	Martha		
	THURSDAY						SATURDAY				
	10:45am	Fit & Fun <i>*beginner*</i>	Jeanne				10:45am	Fit & Fun <i>*beginner*</i>	Angelina		
MAIN GYM											

POOL	MONDAY			WEDNESDAY		POOL		
	9:15am	AquaFit		Tamee	9:15am		AquaFit	Tamee
	FRIDAY							
	9:15am	AquaFit		Angelina				

MIND & BODY	MONDAY			TUESDAY			WEDNESDAY		
	7:15am	Healthy Posture <i>*beginner*</i>	Lorri	7:15am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	7:15am	Healthy Posture <i>*beginner*</i>	Lorri
	8:30am	Mat Pilates <i>*intermediate*</i>	Micah	8:30am	Yoga Elements <i>*beginner*</i>	Team	8:30am	Mat Pilates <i>*intermediate*</i>	Barbara
	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri	9:45am	Mat Pilates <i>*intermediate*</i>	Amy D	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri
				11:00am	Chair Yoga <i>*beginner*</i>	Tessa			
				12:00pm	Fascianator <i>*75 minutes* *beginner*</i>	Jeanne			
	THURSDAY			FRIDAY			SATURDAY		
	7:15am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	7:15am	Healthy Posture <i>*beginner*</i>	Lorri	8:30am	Healthy Posture <i>*beginner*</i>	Lorri
	8:30am	Yoga Elements <i>*beginner*</i>	Amy D	8:30am	Mat Pilates <i>*intermediate*</i>	Tara	SUNDAY		
	11:00am	Chair Yoga <i>*beginner*</i>	Sadie	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri			
	12:00pm	Fascianator <i>*75 minutes* *beginner*</i>	Jeanne				9:15am	Yoga Stretch <i>*intermediate*</i>	Kara K
							10:30am	Soft Flow & Deep Stretch	Kara K
				Please visit our website or app for class descriptions.					

MIND & BODY

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