

River Senior Favorites



Effective September 1, 2026

Effective September 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			THURSDAY			POOL
	9:15am	AquaFit	Tamee	9:15am	AquaFit	Tamee	9:15am	AquaFit	Angelina	
	FRIDAY									
	9:15am	AquaFit	Angelina							

MIND & BODY	MONDAY			TUESDAY			WEDNESDAY			MIND & BODY
	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>	Kara K	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					
11:00am	Chair Yoga <i>*beginner*</i>	Sadie	12:15pm	Healthy Posture <i>*beginner*</i>	Lorri	SUNDAY				
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		

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