# Sunset Senior Favorites

SUMMIT ATHLETIC CLUB

***Effective November 1, 2026***

**Silver & Fit Categories**

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

## FITNESS

### MONDAY

| | | |
|---|---|---|
| 10:40am | **Healthy Posture** **beginner** | Lorri |

### TUESDAY

| | | |
|---|---|---|
| 12:15pm | **Silver Fit** **beginner** | Jordan |

### WEDNESDAY

| | | |
|---|---|---|
| 10:40am | **Healthy Posture** **beginner** | Lorri |
| 4:15pm | **Healthy Posture** **beginner** | Lorri |

### THURSDAY

| | | |
|---|---|---|
| 12:15pm | **Silver Fit** **beginner** | Jordan |

### FRIDAY

| | | |
|---|---|---|
| 7:15am | **Silver Fit** **beginner** | Jordan |
| 10:40am | **Healthy Posture** **beginner** | Lorri |

FITNESS

## MIND & BODY

### MONDAY

| | | |
|---|---|---|
| 8:00am | **Align & Restore** **beginner/intermediate** | Jeanne |
| 9:00am | **Fascianator** **beginner** | Jeanne |
| 10:15am | **Mat Pilates** **intermediate** | Tara |
| 7:30pm | **Gentle Flow & Meditation** **beginner/intermediate** | Michele |

### TUESDAY

| | | |
|---|---|---|
| 8:15am | **Mat Pilates** **intermediate** | Heidi |
| 7:00pm | **Mindful Flow** **beginner/intermediate** | Chelise |

Please visit our website or app for class descriptions.

### WEDNESDAY

| | | |
|---|---|---|
| 7:00am | **Align & Restore** **beginner/intermediate** | Jeanne |
| 8:00am | **Fascianator** **beginner** | Jeanne |
| 12:15pm | **Restore & Meditate** | Breanna |
| 4:15pm | **Gentle Yoga & Mindfulness** **beginner** | Barbara |
| 7:30pm | **Yin** **beginner** | Breanna |

### THURSDAY

| | | |
|---|---|---|
| 10:15am | **Mindful Flow & Yin** **beginner** | Breanna |
| 7:00pm | **Sound Therapy & Flow** **75 minutes** **intermediate** | Jessi |

### FRIDAY

| | | |
|---|---|---|
| 11:15am | **Slow & Sound** **beginner/intermediate** | Tiffany |
| 12:30pm | **Chair Yoga** **beginner** | Jane |

### SATURDAY

| | | |
|---|---|---|
| 7:00am | **Sunrise Yoga** **beginner/intermediate** | Team |
| 9:00am | **Fascianator** **75 minutes** **beginner** | Jeanne |

### SUNDAY

| | | |
|---|---|---|
| 11:00am | **Kundalini** **beginner** | Breanna |
| 5:00pm | **Yin** **beginner** | Breanna |
| 6:00pm | **Meditation** **30 minutes** **beginner** | Breanna |

MIND & BODY

Summit Athletic Club
Sunset Location
2203 W Sunset Blvd; St. George, UT 84790
(435) 628-2151

**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