

Sunset Senior Favorites



Effective March 1, 2026

Silver & Fit Categories

Strength Training Special Conditions Senior Yoga Senior Dance Fall Prevention Aqua

FITNESS	MONDAY			TUESDAY			WEDNESDAY			FITNESS
	7:15am	Silver Fit <i>*beginner*</i>	Meagan N	8:30am	STEP <i>*beginner/intermediate*</i>	Marty	10:40am	Healthy Posture <i>*beginner*</i>	Lorri	
	10:40am	Healthy Posture <i>*beginner*</i>	Lorri	12:15pm	Silver Fit <i>*beginner*</i>	Jordan	4:15pm	Healthy Posture <i>*beginner*</i>	Lorri	
	4:15pm	Healthy Posture <i>*beginner*</i>	Lorri							
	THURSDAY			FRIDAY						
	8:30am	STEP <i>*beginner/intermediate*</i>	Marty	7:15am	Silver Fit <i>*beginner*</i>	Jordan				
	12:15pm	Silver Fit <i>*beginner*</i>	Jordan	10:40am	Healthy Posture <i>*beginner*</i>	Lorri				

MIND & BODY	MONDAY			TUESDAY			WEDNESDAY			MIND & BODY
	8:00am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	8:15am	Mat Pilates <i>*intermediate*</i>	Heidi	7:00am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	
	9:00am	Fascinator <i>*beginner*</i>	Jeanne	7:00pm	Mindful Flow <i>*beginner/intermediate*</i>	Chelise	8:00am	Fascinator <i>*beginner*</i>	Jeanne	
	10:15am	Mat Pilates <i>*intermediate*</i>	Tara	Please visit our website or app for class descriptions.			11:15am	Kundalini <i>*beginner/intermediate*</i>	Breanna	
	7:30pm	Gentle Flow & Meditation <i>*beginner/intermediate*</i>	Michele				4:15pm	Gentle Yoga & Mindfulness <i>*beginner*</i>	Barbara	
							7:30pm	Yin <i>*beginner*</i>	Breanna	
	THURSDAY			FRIDAY			SATURDAY			
	10:15am	Mindful Flow & Yin <i>*beginner*</i>	Breanna	7:00am	Align & Restore <i>*beginner/intermediate*</i>	Jeanne	7:00am	Sunrise Yoga <i>*beginner/intermediate*</i>	Team	
	7:00pm	Sound Therapy & Flow <i>*75 minutes* *beginner*</i>	Jessi	9:15am	Vinyasa <i>*beginner*</i>	Micah	9:00am	Fascinator <i>*75 minutes* *beginner*</i>	Jeanne	
	Summit Athletic Club Sunset Location 2203 W Sunset Blvd; St. George, UT 84790 (435) 628-2151			11:15am	Slow & Sound <i>*beginner/intermediate*</i>	Tiffany	SUNDAY			
12:30pm				Chair Yoga <i>*beginner*</i>	Jane	11:00am	Kundalini <i>*beginner*</i>	Breanna		
				5:00pm	Yin <i>*beginner*</i>	Breanna				
						6:00pm	Meditation <i>*30 minutes* *beginner*</i>	Breanna		
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										