

Sunset Class Schedule

Effective June 1, 2026



Please visit our website or app for class descriptions.

FITNESS

all classes included in multi-club membership

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	High Fitness	Danielle	5:30am	CHISEL	Jordan	6:00am	High Fitness	Derica	5:30am	CHISEL	Jordan	6:00am	High Fitness	Emily L	8:00am	High Fitness	Stacy
7:15am	Silver Fit	Meagan N	8:30am	Athletic Step	Marty	8:00am	STEP	Amy D	6:30am	HIIT 60	Jordan	7:15am	Silver Fit	Jordan	9:00am	High Yo	Stacy
8:15am	CHISEL 30	Lacy Dawn	9:30am	Surge Fit	Tangi	9:00am	High Fitness	Heather	8:30am	Athletic Step	Marty	8:25am	High Fitness	Tangi/Stacy	9:30am	LDUB CLUB	Laci
9:00am	High Fitness	Tangi	10:30am	CHISEL	Lacy Dawn	10:00am	High Yo	Heather	9:30am	Surge Fit	Whitney	9:30am	LDUB CLUB	Laci	10:30am	CHISEL	Team
10:00am	High Yo	Tangi	11:30am	High Yo	Lacy Dawn	10:40am	Healthy Posture	Lorri	10:30am	CHISEL	Lacy Dawn	10:40am	Healthy Posture	Lorri	SUNDAY		
10:40am	Healthy Posture	Lorri	12:15pm	Silver Fit	Jordan	4:15pm	Healthy Posture	Lorri	11:30am	High Yo	Lacy Dawn						
4:15pm	Healthy Posture	Lorri	5:30pm	DanceFIT	Jordan	5:30pm	CHISEL	Amber P	12:15pm	Silver Fit	Jordan	10:00am	RIOT	Lacy Dawn			
5:30pm	CHISEL	Jordan	6:30pm	CHISEL	Candice	6:30pm	LDUB CLUB	Laci	5:30pm	High Fitness 30	Lacy Dawn						
6:30pm	LDUB CLUB	Laci	7:30pm	RIOT	Lacy Dawn	7:30pm	HIP HOP	Tierra	6:00pm	High Yo 30	Lacy Dawn						
7:30pm	RIOT	Lacy Dawn							6:30pm	LDUB CLUB	Laci						

MIND & BODY

all classes included in multi-club membership

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
5:30am	Hot Pilates Burn	Lucy	6:00am	Hot Power Flow	Sadie	6:00am	Barre	Kara A	6:00am	Hot Power Flow	Sadie	6:00am	Barre	Danielle	7:00am	Sunrise Yoga	Team
8:00am	Align & Restore	Jeanne	8:15am	Mat Pilates	Heidi	7:00am	Align & Restore	Jeanne	9:15am	Barre	Amy C	7:00am	Align & Restore	Jeanne	8:00am	Pilates Burn	Team
9:00am	Fascinator	Jeanne	9:15am	Heated Vinyasa	Heidi	8:00am	Fascinator	Jeanne	10:15am	Mindful Flow & Yin	Breanna	9:15am	Vinyasa	Micah	9:00am	Fascinator <i>*75 minutes*</i>	Jeanne
10:15am	Mat Pilates	Tara	10:15am	Hot Pilates Burn	Heidi	10:15am	Barre	Kara A	11:15am	Yoga for Athletic Recovery	Amber G	10:15am	Pilates Burn	Micah	10:30am	Zenergy Flow	Jeanne
5:30pm	Power Flow	Micah	11:15am	Yoga for Athletic Recovery	Amber G	11:15am	Kundalini <i>*90 minutes*</i>	Breanna	12:15pm	Hot Pilates Burn	Amber G	11:15am	Slow & Sound	Tiffany	SUNDAY		
6:30pm	Barre	Kara A	12:15pm	Hot Pilates Burn	Amber G	4:15pm	Gentle Yoga & Mindfulness	Barbara	5:30pm	Barre	Micah	12:30pm	Chair Yoga	Jane			
7:30pm	Gentle Flow & Meditation	Michele	5:30pm	Pilates Burn	Nicole B	5:30pm	Heated Vinyasa	Breanne	7:00pm	Sound Therapy & Flow <i>*75 minutes*</i>	Jessi		9:00am	Heated Vinyasa <i>*90 minutes*</i>		Nels	
			7:00pm	Mindful Flow & Yin	Chelise	6:30pm	Hot Pilates Burn	Amber P					11:00am	Kundalini <i>*90 minutes*</i>		Breanna	
						7:30pm	Yin	Breanna					5:00pm	Yin		Breanna	
													6:00pm	Meditation <i>*30 minutes*</i>	Breanna		

GROUP TRAINING *Group Training Membership Required*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	TOTAL	Jordan	6:00am	H.I.I.T.	Tangi	6:00am	TOTAL	Jordan	6:00am	Tread & Turf	Tangi	6:00am	TOTAL	Madi	7:00am	BURN	Team
7:00am	TOTAL	Jordan	7:00am	TREAD	Kristen	7:00am	TOTAL	Jordan	7:00am	TREAD	Kristen	9:30am	H.I.I.T.	Devin	10:00am	TOTAL	Team
9:30am	TOTAL	Meagan N	8:30am	TREAD	Amber G	9:30am	TOTAL	Maria B	8:30am	TOTAL	Amber G						
12:15pm	Fitness Fundamentals	Jordan	9:30am	H.I.I.T.	Amber G	12:15pm	Fitness Fundamentals	Jordan	9:30am	Tread & Turf	Kara						
			5:30pm	TOTAL	Amber G / Maria												

ATHLETIC REFORMERS *Reformer Membership Required*

Athletic Reformer classes combine the principles of classical Pilates with slow, controlled movements to emphasize muscular endurance, strength, and serious core power. Expect precise cueing, sustained resistance, and a workout that leaves your muscles shaking, your core fired up, and your body feeling stronger and more connected.

BURN 45 = a full body burnout.

SWEAT 45 = a cardio version of our Burn classes with an emphasis on low-intensity cardio intervals.

CLASSIC 45 = classical Reformer Pilates on the Athletic Reformers.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	BURN 45	Tangi	6:30am	BURN 45	Jordan	6:00am	SWEAT 45	Jessi	6:30am	BURN 45	Nicole S	6:00am	BURN 45	Amber P	7:00am	BURN 45	Team
9:00am	BURN 45	Heather	7:30am	BURN 45	Nicole S	9:30am	BURN 45	Jessi	8:30am	BURN 45	Tangi	7:00am	BURN 45	Amy D	8:00am	BURN 45	Team
10:00am	BURN 45	Heather	8:30am	BURN 45	Amber P	10:30am	BURN 45	Jessi	9:30am	BURN 45	Tangi	8:00am	SWEAT 45	Amy D	9:00am	BURN 45	Team
5:30pm	BURN 45	Amber G	9:30am	BURN 45	Amber P	5:30pm	BURN 45	Jaime H	10:30am	CLASSIC 45	Amy D	9:00am	BURN 45	Jamie J	10:00am	BURN 45	Team
6:30pm	BURN 45	Amber G	11:30am	CLASSIC 45	Erika				11:30am	CLASSIC 45	Amy D	10:00am	BURN 45	Jamie J			
			5:30pm	BURN 45	Amy D				5:30pm	BURN 45	Erika						



Summit Athletic Club ~ Sunset Location
 2203 W Sunset Blvd; St. George, UT; 84770
 (435) 628-2151 | www.summitathleticclub.com
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; *Sunday Closed

Scan the QR code for a complete list of classes and class descriptions.

