

Sunset Class Schedule

Effective May 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		
5:30am	High Fitness	Katie	5:30am	CHISEL	Jordan	5:30am	High Fitness	Emily L	5:30am	CHISEL	Jordan	7:15am	Silver Fit	Jordan	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	8:30am	High Fitness	Tangi/Stacy	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	9:30am	LDUB CLUB	Laci	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	10:40am	Healthy Posture	Lorri	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	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	Candice	12:15pm	Silver Fit	Jordan	10:00am	RIOT	Lacy Dawn			
5:30pm	CHISEL	Jordan	6:30pm	CHISEL	Amber P	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	6:00am	Hot Power Flow	Sadie	6:00am	Hot Pilates Burn	Kayla	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	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/Madi	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	Kayla							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	Rachel	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	Rachel	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	6:30pm	BURN 45	Margaret	11:30am	CLASSIC 45	Amy D	10:00am	BURN 45	Jamie J			
			5:30pm	BURN 45	Amy D				5:30pm	BURN 45	Erika						
									6:30pm	BURN 45	Jordan						



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.

