

# Sunset Youth Classes



Effective May 1, 2026

Certified Youth 9+ years	Certified Youth 11+ years	Certified Youth 13+ years
*minimum age for all other classes is 15 years unless otherwise noted*		

FITNESS								
MONDAY			TUESDAY			WEDNESDAY		
6am	High Fitness	Katie	5:30am	CHISEL	Jordan	6am	High Fitness	Emily L
7:15am	Silver Fit	Meagan N	8:30am	Athletic Step	Marty	8:00am	STEP	Amy D
8:15am	CHISEL 30	Lacy Dawn	9:30am	Surge Fit	Tangi	9:00am	High Fitness	Heather
9:00am	High Fitness	Tangi	10:30am	CHISEL	Lacy Dawn	10:00am	High Yo	Heather
10:00am	High Yo	Tangi	11:30am	High Yo	Lacy Dawn	10:40am	Healthy Posture	Lorri
10:40am	Healthy Posture	Lorri	12:15pm	Silver Fit	Jordan	4:15pm	Healthy Posture	Lorri
4:15pm	Healthy Posture	Lorri	5:30pm	DanceFIT	Jordan	5:30pm	CHISEL	Candice
5:30pm	CHISEL	Jordan	6:30pm	CHISEL	Amy D	6:30pm	LDUB CLUB	Laci
6:30pm	LDUB CLUB	Laci	7:30pm	RIOT <i>*18+ years*</i>	Lacy Dawn	7:30pm	HIP HOP <i>*18+ years*</i>	Tierra
7:30pm	RIOT <i>*18+ years*</i>	Lacy Dawn						
THURSDAY			FRIDAY			SATURDAY		
5:30am	CHISEL	Jordan	7:15am	Silver Fit	Jordan	8:00am	High Fitness	Stacy
6:30am	HIIT 60	Jordan	8:30am	High Fitness	Tangi/Stacy	9:00am	High Yo	Stacy
8:30am	Athletic Step	Marty	9:30am	LDUB CLUB	Laci	9:30am	LDUB CLUB	Laci
9:30am	Surge Fit	Whitney	10:40am	Healthy Posture	Lorri	10:30am	CHISEL	Team
10:30am	CHISEL	Lacy Dawn				SUNDAY		
11:30am	High Yo	Lacy Dawn				10am	RIOT <i>*18+ years*</i>	Lacy Dawn
12:15pm	Silver Fit	Jordan						
5:30pm	High 30	Lacy Dawn						
6:00pm	Yo 30	Lacy Dawn						
6:30pm	LDUB CLUB	Laci						

FITNESS

**MIND & BODY**

**MIND & BODY**

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

Please visit our website or app for class descriptions.

**Summit Athletic Club ~ Sunset Location**

2203 W Sunset Blvd; St. George, UT; 84770

(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