Sunset Class Schedule

Effective November 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**	Danielle	5:30am	**CHISEL**	Jordan	5:30am	**High Fitness**	Danielle	5:30am	**CHISEL**	Jordan	5:30am	**High Fitness**	Derica	8:00am	**High Fitness**	Stacy
8:15am	**CHISEL 30**	Lacy Dawn	8:30am	**Athletic Step**	Marty	8:00am	**STEP**	Amy D	8:30am	**STEP**	Kara	7:15am	**Silver Fit**	Jordan	9:30am	**LDUB CLUB**	Laci
9:00am	**High Fitness**	Tangi	9:30am	**Surge Fit**	Tangi	9:00am	**High Fitness**	Heather	9:30am	**Surge Fit**	Whitney	8:25am	**High Fitness**	Tangi/Stacy	10:30am	**CHISEL**	Amber P
10:00am	**High Yo**	Tangi	10:30am	**CHISEL**	Lacy Dawn	10:00am	**High Yo**	Heather	10:30am	**CHISEL**	Lacy Dawn	9:30am	**LDUB CLUB**	Laci	11:30am	**Stretch 30**	Amber P
10:40am	**Healthy Posture**	Lorri	11:30am	**High Yo**	Lacy Dawn	10:40am	**Healthy Posture**	Lorri	11:30am	**High Yo**	Lacy Dawn	10:40am	**Healthy Posture**	Lorri	**Sunday**		
5:30pm	**CHISEL**	Jordan	12:15pm	**Silver Fit**	Jordan	4:15pm	**Healthy Posture**	Lorri	12:15pm	**Silver Fit**	Jordan				10:30am	**RIOT**	Lacy Dawn
6:30pm	**LDUB CLUB**	Laci	5:30pm	**DanceFIT**	Jordan	5:30pm	**CHISEL**	Amber P	5:30pm	**High Fitness 30**	Lacy Dawn						
7:30pm	**RIOT**	Lacy Dawn	6:30pm	**CHISEL**	Candice	6:30pm	**LDUB CLUB**	Laci	6:00pm	**High Yo 30**	Lacy Dawn						
			7:30pm	**RIOT**	Lacy Dawn	7:30pm	**HIP HOP**	Tierra	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	9:15am	**Vinyasa**	Micah	8:00am	**Pilates Burn**	Team
9:00am	**Fascianator**	Jeanne	9:15am	**Heated Vinyasa**	Heidi	8:00am	**Fascianator**	Jeanne	10:15am	**Mindful Flow & Yin**	Breanna	10:15am	**Pilates Burn**	Micah	9:00am	**Fascianator** **75 minutes**	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	11:15am	**Slow & Sound**	Tiffany	10:30am	**Zenergy Flow**	Jeanne
12:15pm	**Hot Pilates Burn**	Kenna	11:15am	**Yoga for Athletic Recovery**	Amber G	12:15pm	**Restore & Meditate**	Breanna	12:15pm	**Hot Pilates Burn**	Amber G	12:30pm	**Chair Yoga**	Jane	**SUNDAY**		
6:30pm	**Barre**	Barbara	12:15pm	**Hot Pilates Burn**	Amber G	4:15pm	**Gentle Yoga & Mindfulness**	Barbara	5:30pm	**Barre**	Micah						
7:30pm	**Gentle Flow & Meditation**	Michele	5:30pm	**Pilates Burn**	Nicole B	6:30pm	**Hot Pilates Burn**	Amber P	7:00pm	**Sound Therapy & Flow** **75 minutes**	Jessi				9:00am	**Heated Vinyasa**	Karlene
			7:00pm	**Mindful Flow & Yin**	Chelise	7:30pm	**Yin**	Breanna							10:00am	**Buti Yoga**	Karlene
															11:00am	**Kundalini** **90 minutes**	Breanna
															5:00pm	**Yin**	Breanna
															6:00pm	**Meditation** **30 minutes**	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**	Devin	7:00am	**BURN**	Team
7:15am	**Fitness Fundamentals**	Meagan N	7:00am	**TREAD**	Kristen	9:30am	**TOTAL**	Maria B	7:00am	**TREAD**	Kristen	9:30am	**H.I.I.T.**	Amber G	10:00am	**TOTAL**	Team
9:30am	**TOTAL**	Meagan N	8:30am	**TREAD**	Amber G	12:15pm	**Fitness Fundamentals**	Jordan	8:30am	**TOTAL**	Amber G						
12:15pm	**Fitness Fundamentals**	Jordan	9:30am	**H.I.I.T.**	Amber G												
			5:30pm	**TOTAL**	Amber G / Maria												

REFORM 45 *Reformer Membership Required*

Our Reform 45 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.
***FOUNDATION 45** = a total body experience designed to build a strong fitness reformer base with functional movement patterns. A great place to begin!*
***BURN 45** = a high-intensity, low-impact workout that is grounded in pilates principles moving at slower pace and working the muscle systems focused on time under tension.*
***ENERGY 45** = a hybrid of complete body strength movements with low-impact cardio intervals.*
***CLASSIC 45** = traditional Pilates flow focused on muscle imbalances, posture, and balance.*

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00am	**Foundation 45**	Tangi	6:30am	**Burn 45**	Jordan	9:30am	**Burn 45**	Jessi	6:30am	**Burn 45**	Nicole S	6:00am	**Foundation 45**	Amber P	8:00am	**Foundation 45**	Team
9:00am	**Burn 45**	Heather	8:30am	**Foundation 45**	Amber P	10:30am	**Foundation 45**	Jessi	8:30am	**Burn 45**	Tangi	8:30am	**Energy 45**	Jamie J	9:00am	**Burn 45**	Team
10:00am	**Foundation 45**	Heather	9:30am	**Burn 45**	Amber P	6:00pm	**Foundation 45**	Leslie	9:30am	**Foundation 45**	Tangi	9:30am	**Burn 45**	Jamie J			
6:00pm	**Burn 45**	Amber G	11:30am	**Classic 45**	Erika				11:30am	**Classic 45**	Amy D						
			5:30pm	**Burn 45**	Amy D				5:30pm	**Foundation 45**	Isaac						

SUMMIT ATHLETIC CLUB

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.