

Sunset Class Schedule

Effective October 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	Emily L	8:00am	High Fitness	Stacy
8:15am	CHISEL 30	Lacy Dawn	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
9:00am	High Fitness	Tangi	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
10:00am	High Yo	Tangi	10:30am	CHISEL	Lacy Dawn	10:00am	High Yo	Heather	9:30am	Surge Fit	Whitney	9:30am	LDUB CLUB	Laci	10:30am	CHISEL	Amber P
10:40am	Healthy Posture	Lorri	11:30am	High Yo	Lacy Dawn	10:40am	Healthy Posture	Lorri	10:30am	CHISEL	Lacy Dawn	10:40am	Healthy Posture	Lorri	11:30am	Stretch 30	Amber P
5:30pm	CHISEL	Jordan	12:15pm	Silver Fit	Jordan	4:15pm	Healthy Posture	Lorri	11:30am	High Yo	Lacy Dawn				Sunday		
6:30pm	LDUB CLUB	Laci	5:30pm	DanceFIT	Jordan	5:30pm	CHISEL	Amber P	12:15pm	Silver Fit	Jordan				10:00am	RIOT	Lacy Dawn
7:30pm	RIOT	Lacy Dawn	6:30pm	CHISEL	Candice	6:30pm	LDUB CLUB	Laci	5:30pm	High Fitness 30	Lacy Dawn						
			7:30pm	RIOT	Lacy Dawn	7:30pm	HIP HOP	Tierra	6:00pm	High Yo 30	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	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 <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	11:15am	Slow & Sound	Tiffany	10:30am	Zenergy Flow	Jeanne			
12:15pm <i>*Begins Oct 22th</i>	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	5:30pm	Heated Vinyasa	Barbara	7:00pm	Sound Therapy & Flow <i>*75 minutes*</i>	Jessi									
			7:00pm	Mindful Flow & Yin	Chelise	6:30pm	Hot Pilates Burn	Amber P												
						7:30pm	Yin	Breanna										9:00am	Heated Vinyasa	Karlene
																		11:00am	Kundalini <i>*90 minutes*</i>	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	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				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.

FOUNDATION 45 = a total body experience designed to build a strong fitness base with functional movement patterns. A great place to begin!

STRENGTH 45 = a high-intensity, low-impact workout that combines elements of Pilates and strength training.

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	Strength 45	Jordan	9:30am	Strength 45	Jessi	6:30am	Strength 45	Nicole S	6:00am	Foundation 45	Amber P	8:00am	Foundation 45	Team
9:00am	Strength 45	Heather	8:30am	Foundation 45	Amber P	10:30am	Foundation 45	Jessi	8:30am	Strength 45	Tangi	8:30am	Energy 45	Jamie J	9:00am	Strength 45	Team
10:00am	Foundation 45	Heather	9:30am	Strength 45	Amber P	6:00pm	Foundation 45	Leslie	9:30am	Foundation 45	Tangi	9:30am	Strength 45	Jamie J			
6:00pm	Strength 45	Amber G	11:30am	Classic 45	Erika				10:30am	Classic 45	Amy D						
			5:30pm	Strength 45	Amy D				5:30pm	Foundation 45	Isaac						



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.

