

Sunset Class Schedule

Effective March 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	CHISEL	Jordan	7:15am	Silver Fit	Jordan	8:00am	High Fitness	Stacy
7:15am	Silver Fit	Meagan N	8:30am	STEP	Marty	8:15am	CHISEL 30	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	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	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			
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	10:00am	RIOT	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	Kayla	6:00am	Hot Power Flow	Sadie	6:00am	Hot Pilates Burn	Kayla	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	7:00am	Align & Restore	Jeanne	8:00am	Pilates Burn	Team
9:00am	Fascianator	Jeanne	9:15am	Heated Vinyasa	Heidi	8:00am	Fascianator	Jeanne	9:15am	Vinyasa	Micah	9:00am	Fascianator *75 minutes*	Jeanne
10:15am	Mat Pilates	Tara	10:15am	Hot Pilates Burn	Heidi	10:15am	Barre	Kara	10:15am	Hot Yoga Burn	Amber G	10:30am	Zenergy Flow	Jeanne
12:15pm	Barre & Burn	Nicole B	11:15am	Hot Yoga Burn	Amber G	11:15am	Kundalini *90 minutes*	Breanna	11:15am	Hot Pilates Burn	Amber G	SUNDAY		
5:30pm	Power Flow	Micah	12:15pm	Hot Pilates Burn	Amber G	4:15pm	Gentle Yoga & Mindfulness	Barbara	5:30pm	Barre	Micah			
6:30pm	Barre	Madi/Kara	5:30pm	Pilates Burn	Nicole B	5:30pm	Heated Vinyasa	Breanne	7:00pm	Sound Therapy & Flow *75 minutes*	Jessi			
7:30pm	Gentle Flow & Meditation	Michele	7:00pm	Mindful Flow & Yin	Chelise	7:30pm	Hot Pilates Burn	Kayla						
												9:00am	Heated Vinyasa *90 minutes*	Nels
												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	Tangi	6:00am	Jordan	6:00am	Tangi	6:00am	Madi	7:00am	Team
7:00am	TOTAL	Jordan	7:00am	Kristen	7:00am	Jordan	7:00am	TREAD	9:30am	H.I.I.T.	10:00am	Team
9:30am	TOTAL	Meagan N	8:30am	Amber G	9:30am	Mania B	8:30am	TOTAL	9:30am	Amber G		
12:15pm	Fitness Fundamentals	Jordan	9:30am	Amber G	12:15pm	Jordan	9:30am	Tread & Turf				
			5:30pm	Amber G								

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 burnout on specific muscle groups.

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
6:00am	BURN 45	Tangi	5:30am	Martha	6:00am	Tangi	5:30am	BURN 45	Jessi	6:00am	Amber P	7:00am	Team
9:00am	BURN 45	Heather	6:30am	Jordan	9:30am	Rachel	6:30am	BURN 45	Jessi	7:00am	Amy D	8:00am	Team
10:00am	BURN 45	Heather	8:30am	Amber P	10:30am	Rachel	9:30am	BURN 45	Tangi	8:00am	Amy D	9:00am	Team
11:00am	SWEAT 45	Nicole S	9:30am	Amber P	5:30pm	Amber P	10:30am	BURN 45	Tangi	9:00am	Jamie J	10:00am	Team
12:00pm	BURN 45	Nicole S	10:30am	Amber P	6:30pm	Margaret	11:30am	BURN 45	Margaret	10:00am	Jamie J		
5:30pm	BURN 45	Amber G	5:30pm	Amy D			12:30pm	BURN 45	Margaret				
6:30pm	BURN 45	Amber G	6:30pm	Amy D			5:30pm	BURN 45	Erika				
							6:30pm	BURN 45	Aly				
							7:30pm	BURN 45	Aly				



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.