River Road Youth Classes

Effective November 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

SUMMIT ATHLETIC CLUB

MAIN GYM

MONDAY

9:30am	**Group Power**	Deb/Sheri

TUESDAY

9:30am	**High Fitness**	Candice
10:45am	**Fit & Fun**	Meagan P
5:30pm	**Group Power**	Jenn

WEDNESDAY

5:30am	**High Low**	Martha
9:30am	**Group Power**	Deb/Sheri

THURSDAY

9:30am	**High Fitness**	Katie
10:45am	**Fit & Fun**	Jeanne
5:30pm	**Group Power**	Jenn

FRIDAY

5:30am	**CHISEL**	Jordan
9:30am	**Group Power**	Deb/Sheri

SATURDAY

8:00am	**High Fitness**	Heather/Katie
10:45am	**Fit & Fun**	Angelina

MAIN GYM

SHED

MONDAY

9:30am	**Lower Body Power Circuit**	Nicole S

TUESDAY

9:30am	**Strength & Sweat**	Reagan

WEDNESDAY

8:30am	**Power Circuit**	Nicole S

THURSDAY

8:30am	**Strength & Sweat**	Melissa

SHED

POOL

MONDAY

2:00pm	**AquaFit**	Tamee

WEDNESDAY

2:00pm	**AquaFit**	Tamee

FRIDAY

2:00pm	**AquaFit**	Team

POOL

MIND & BODY

MONDAY

6:00am	**Barre**	Amy C
7:15am	**Healthy Posture**	Lorri
8:30am	**Mat Pilates**	Micah
9:30am	**Barre**	Amy C
10:45am	**Power Flow**	Rachel
12:15pm	**Healthy Posture**	Lorri
5:30pm	**Barre**	Tara
7:30pm	**Hot Pilates Burn**	Kenna

TUESDAY

6:00am	**Power Flow**	Hayley N
7:15am	**Align & Restore**	Jeanne
8:30am	**Yoga Elements**	Liz
9:45am	**Mat Pilates**	Kenna
11:00am	**Chair Yoga**	Tessa
12:00pm	**Fascianator** **75 minutes**	Jeanne
5:30pm	**Barre**	Brittney
6:30pm	**Hot Power Flow**	Sadie
7:30pm	**Hot Pilates Burn**	Kenna

WEDNESDAY

6:00am	**Hot Pilates Burn**	Haylee L
7:15am	**Healthy Posture**	Lorri
8:30am	**Mat Pilates**	Barbara
9:30am	**Barre**	Amy C
10:45am	**Power Flow**	Haley P
12:15pm	**Healthy Posture**	Lorri
5:30pm	**Pilates Burn**	Nicole B
6:30pm	**Vinyasa**	Kiele
7:45pm	**Hot Pilates Burn**	Ava

THURSDAY

6:00am	**Power Flow**	Hayley N
7:15am	**Align & Restore**	Jeanne
8:30am	**Yoga Elements**	Amy D
9:45am	**Pilates Burn**	Martha
12:00pm	**Fascianator** **75 minutes**	Jeanne
5:30pm	**Barre**	Nicole B
6:30pm	**Hot Pilates Burn**	Nicole B

FRIDAY

6:00am	**Hot Pilates Burn**	Kayla
7:15am	**Healthy Posture**	Lorri
8:30am	**Mat Pilates**	Tara
9:30am	**Barre**	Heather
10:45am	**Power Flow**	Sunhee
12:15pm	**Healthy Posture**	Lorri

SATURDAY

7:30am	**Hot Pilates Burn**	Nicole B
8:30am	**Healthy Posture**	Lorri
9:45am	**Barre**	Tara
10:45am	**Power Flow**	Micah

SUNDAY

9:15am	**Yoga Stretch**	Kara K
10:30am	**Soft Flow & Deep Stretch**	Kara K

MIND & BODY

Please visit our website or app for class descriptions.

Summit Athletic Club ~ River Road Location

1532 E 1450 S; St. George, UT; 84790

(435) 628-5000

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