

River Road Youth Classes

Effective September 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		



MAIN GYM										MAIN GYM									
MAIN GYM	MONDAY			TUESDAY			WEDNESDAY												
	9:30am	Group Power	Deb/Sheri	9:30am	High Fitness	Candice	5:30am	High Low	Martha										
				10:45am	Fit & Fun	Meagan P	9:30am	Group Power	Deb/Sheri										
				5:30pm	Group Power	Jenn													
	THURSDAY			FRIDAY			SATURDAY												
	9:30am	High Fitness	Katie	5:30am	CHISEL	Jordan	8:00am	High Fitness	Heather										
	10:45am	Fit & Fun	Jeanne	9:30am	Group Power	Deb/Sheri	10:45am	Fit & Fun	Angelina										
	5:30pm	Group Power	Jenn																

SHED	MONDAY			TUESDAY			WEDNESDAY			SHED
	9:30am	Lower Body Power Circuit	Nicole S	9:30am	Strength & Sweat	Reagan	8:30am	Power Circuit	Nicole S	
	THURSDAY									
	8:30am	Strength & Sweat	Melissa							

POOL	MONDAY			WEDNESDAY			THURSDAY			POOL
	9:00am	AquaFit	Tamee	9:00am	AquaFit	Tamee	9:00am	AquaFit	Deanna	
	FRIDAY									
	9:00am	AquaFit	Angelina							

MIND & BODY

MIND & BODY

MONDAY			TUESDAY			WEDNESDAY		
6:00am	Barre	Amy C	6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Haylee L
7:15am	Healthy Posture	Lorri	7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri
8:30am	Mat Pilates	Micah	8:30am	Yoga Elements	Kara K	8:30am	Mat Pilates	Barbara
9:30am	Barre	Amy C	9:45am	Mat Pilates	Amy D	9:30am	Barre	Amy C
10:45am	Power Flow	Rachel	11:00am	Chair Yoga	Tessa	10:45am	Power Flow	Haley P
12:15pm	Healthy Posture	Lorri	12:00pm	Fascinator <i>*75 minutes*</i>	Jeanne	12:15pm	Healthy Posture	Lorri
5:30pm	Barre	Tara	5:30pm	Barre	Brittney	5:30pm	Pilates Burn	Nicole B
7:30pm	Hot Pilates Burn	Kenna	6:30pm	Hot Power Flow	Sadie	6:30pm	Vinyasa	Kiele
			7:30pm	Hot Pilates Burn	Kenna	7:45pm	Hot Pilates Burn	Ava
THURSDAY			FRIDAY			SATURDAY		
6:00am	Power Flow	Hayley N	6:00am	Hot Pilates Burn	Kenna	7:30am	Hot Pilates Burn	Nicole B
7:15am	Align & Restore	Jeanne	7:15am	Healthy Posture	Lorri	8:30am	Healthy Posture	Lorri
8:30am	Yoga Elements	Amy D	8:30am	Mat Pilates	Tara	9:45am	Barre	Tara
9:45am	Pilates Burn	Martha	9:30am	Barre	Heather	10:45am	Power Flow	Micah
12:00pm	Fascinator <i>*75 minutes*</i>	Jeanne	10:45am	Power Flow	Sunhee	SUNDAY		
5:30pm	Barre	Nicole B	12:15pm	Healthy Posture	Lorri			
6:30pm	Hot Pilates Burn	Nicole B						
						9:15am	Yoga Stretch	Kara K
						10:30am	Soft Flow & Deep Stretch	Kara K

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