Sunset Youth Classes

SUMMIT ATHLETIC CLUB

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

FITNESS

MONDAY

5:30am	**High Fitness**	Danielle
8:15am	**CHISEL 30**	Lacy Dawn
9:00am	**High Fitness**	Tangi
10:00am	**High Yo**	Tangi
10:40am	**Healthy Posture**	Lorri
5:30pm	**CHISEL**	Jordan
6:30pm	**LDUB CLUB**	Laci
7:30pm	**RIOT** *18+ years*	Lacy Dawn

TUESDAY

5:30am	**CHISEL**	Jordan
8:30am	**Athletic Step**	Marty
9:30am	**Surge Fit**	Tangi
10:30am	**CHISEL**	Lacy Dawn
11:30am	**High Yo**	Lacy Dawn
12:15pm	**Silver Fit**	Jordan
5:30pm	**DanceFIT**	Jordan
6:30pm	**CHISEL**	Candice
7:30pm	**RIOT** *18+ years*	Lacy Dawn

WEDNESDAY

5:30am	**High Fitness**	Danielle
8:00am	**STEP**	Amy D
9:00am	**High Fitness**	Heather
10:00am	**High Yo**	Heather
10:40am	**Healthy Posture**	Lorri
4:15pm	**Healthy Posture**	Lorri
5:30pm	**CHISEL**	Amber P
6:30pm	**LDUB CLUB**	Laci
7:30pm	**HIP HOP** *18+ years*	Tierra

THURSDAY

5:30am	**CHISEL**	Jordan
8:30am	**STEP**	Kara
9:30am	**Surge Fit**	Whitney
10:30am	**CHISEL**	Lacy Dawn
11:30am	**High Yo**	Lacy Dawn
12:15pm	**Silver Fit**	Jordan
5:30pm	**High 30**	Lacy Dawn
6:00pm	**Yo 30**	Lacy Dawn
6:30pm	**LDUB CLUB**	Laci

FRIDAY

5:30am	**High Fitness**	Derica
7:15am	**Silver Fit**	Jordan
8:30am	**High Fitness**	Tangi/Stacy
9:30am	**LDUB CLUB**	Laci
10:40am	**Healthy Posture**	Lorri

SATURDAY

8:00am	**High Fitness**	Stacy
9:30am	**LDUB CLUB**	Laci
10:30am	**CHISEL**	Amber P
11:30am	**Stretch 30**	Amber P

SUNDAY

10:30am	**RIOT** *18+ years*	Lacy Dawn

FITNESS

MIND & BODY

MONDAY

5:30am	**Hot Pilates Burn**	Lucy
8:00am	**Align & Restore**	Jeanne
9:00am	**Fascianator**	Jeanne
10:15am	**Mat Pilates**	Tara
6:30pm	**Barre**	Barbara
7:30pm	**Gentle Flow & Meditation**	Michele

TUESDAY

6:00am	**Hot Power Flow**	Sadie
8:15am	**Mat Pilates**	Heidi
9:15am	**Heated Vinyasa**	Heidi
10:15am	**Hot Pilates Burn**	Heidi
11:15am	**Yoga for Athletic Recovery**	Amber G
12:15pm	**Hot Pilates Burn**	Amber G
5:30pm	**Pilates Burn**	Nicole B
7:00pm	**Mindful Flow & Yin**	Chelise

WEDNESDAY

6:00am	**Barre**	Kara A
7:00am	**Align & Restore**	Jeanne
8:00am	**Fascianator** **75 minutes**	Jeanne
10:15am	**Barre**	Kara A
12:15pm	**Restore & Meditate**	Breanna
4:15pm	**Gentle Yoga & Mindfulness**	Barbara
6:30pm	**Hot Pilates Burn**	Amber P
7:30pm	**Yin**	Breanna

THURSDAY

6:00am	**Hot Power Flow**	Sadie
9:15am	**Barre**	Amy C
10:15am	**Mindful Flow & Yin**	Breanna
11:15am	**Yoga for Athletic Recovery**	Amber G
12:15pm	**Hot Pilates Burn**	Amber G
5:30pm	**Barre**	Micah
7:00pm	**Sound Therapy & Flow** **75 minutes**	Jessi

FRIDAY

6:00am	**Barre**	Danielle
9:15am	**Vinyasa**	Micah
10:15am	**Pilates Burn**	Micah
11:15am	**Slow & Sound**	Tiffany
12:30pm	**Chair Yoga**	Jane

SATURDAY

7:00am	**Sunrise Yoga**	Team
8:00am	**Pilates Burn**	Team
9:00am	**Fascianator** **75 minutes**	Jeanne
10:30am	**Zenergy Flow**	Jeanne

SUNDAY

9:00am	**Heated Vinyasa**	Karlene
11:00am	**Kundalini**	Breanna
5:00pm	**Yin**	Breanna
6:00pm	**Meditation** **30 minutes**	Breanna

MIND & BODY

Please visit our website or app for class descriptions.

Summit Athletic Club ~ Sunset Location

2203 W Sunset Blvd; St. George, UT; 84770

(435) 628-2151

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