

Sunset Youth Classes



Effective October 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		

MONDAY			TUESDAY			WEDNESDAY		
5:30am	High Fitness	Danielle	5:30am	CHISEL	Jordan	5:30am	High Fitness	Danielle
8:15am	CHISEL 30	Lacy Dawn	8:30am	Athletic Step	Marty	8:00am	STEP	Amy D
9:00am	High Fitness	Tangi	9:30am	Surge Fit	Tangi	9:00am	High Fitness	Heather
10:00am	High Yo	Tangi	10:30am	CHISEL	Lacy Dawn	10:00am	High Yo	Heather
10:40am	Healthy Posture	Lorri	11:30am	High Yo	Lacy Dawn	10:40am	Healthy Posture	Lorri
5:30pm	CHISEL	Jordan	12:15pm	Silver Fit	Jordan	4:15pm	Healthy Posture	Lorri
6:30pm	LDUB CLUB	Laci	5:30pm	DanceFIT	Jordan	5:30pm	CHISEL	Amber P
7:30pm	RIOT *18+ years*	Lacy Dawn	6:30pm	CHISEL	Candice	6:30pm	LDUB CLUB	Laci
			7:30pm	RIOT *18+ years*	Lacy Dawn	7:30pm	HIP HOP *18+ years*	Tierra
THURSDAY			FRIDAY			SATURDAY		
5:30am	CHISEL	Jordan	5:30am	High Fitness	Emily L	8:00am	High Fitness	Stacy
6:30am	HIIT 60	Jordan	7:15am	Silver Fit	Jordan	9:00am	High Yo	Stacy
8:30am	Athletic Step	Marty	8:30am	High Fitness	Tangi/Stacy	9:30am	LDUB CLUB	Laci
9:30am	Surge Fit	Whitney	9:30am	LDUB CLUB	Laci	10:30am	CHISEL	Amber P
10:30am	CHISEL	Lacy Dawn	10:40am	Healthy Posture	Lorri	11:30am	Stretch 30	Amber P
11:30am	High Yo	Lacy Dawn				SUNDAY		
12:15pm	Silver Fit	Jordan				10am	RIOT *18+ years*	Lacy Dawn
5:30pm	High 30	Lacy Dawn						
6:00pm	Yo 30	Lacy Dawn						
6:30pm	LDUB CLUB	Laci						

FITNESS

FITNESS

MIND & BODY	MONDAY			TUESDAY			WEDNESDAY			MIND & BODY	
	5:30am	Hot Pilates Burn	Lucy	6:00am	Hot Power Flow	Sadie	6:00am	Barre	Kara A		
	8:00am	Align & Restore	Jeanne	8:15am	Mat Pilates	Heidi	7:00am	Align & Restore	Jeanne		
	9:00am	Fascianator	Jeanne	9:15am	Heated Vinyasa	Heidi	8:00am	Fascianator <i>*75 minutes*</i>	Jeanne		
	10:15am	Mat Pilates	Tara	10:15am	Hot Pilates Burn	Heidi	10:15am	Barre	Kara A		
	6:30pm	Barre	Barbara	11:15am	Yoga for Athletic Recovery	Amber G	12:15pm	Restore & Meditate	Breanna		
	7:30pm	Gentle Flow & Meditation	Michele	12:15pm	Hot Pilates Burn	Amber G	4:15pm	Gentle Yoga & Mindfulness	Barbara		
				5:30pm	Pilates Burn	Nicole B	5:30pm	Heated Vinyasa	Barbara		
				7:00pm	Mindful Flow & Yin	Chelise	6:30pm	Hot Pilates Burn	Amber P		
							7:30pm	Yin	Breanna		
	THURSDAY			FRIDAY			SATURDAY				
	6:00am	Hot Power Flow	Sadie	6:00am	Barre	Danielle	7:00am	Sunrise Yoga	Team		
	9:15am	Barre	Amy C	9:15am	Vinyasa	Micah	8:00am	Pilates Burn	Team		
	10:15am	Mindful Flow & Yin	Breanna	10:15am	Pilates Burn	Micah	9:00am	Fascianator <i>*75 minutes*</i>	Jeanne		
	11:15am	Yoga for Athletic Recovery	Amber G	11:15am	Slow & Sound	Tiffany	10:30am	Zenergy Flow	Jeanne		
	12:15pm	Hot Pilates Burn	Amber G	12:30pm	Chair Yoga	Jane	SUNDAY				
	5:30pm	Barre	Micah					9:00am	Heated Vinyasa		Karlene
	7:00pm	Sound Therapy & Flow <i>*75 minutes*</i>	Jessi					11:00am	Mindful Flow & Yin		Breanna
			5:00pm					Yin	Breanna		
			6:00pm					Meditation <i>*30 minutes*</i>	Breanna		

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