

Sunset 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		

FITNESS	MONDAY			TUESDAY			WEDNESDAY			FITNESS	
	5:30am	High Fitness	Danielle	5:30am	CHISEL	Jordan	5:30am	High Fitness	Danielle		
	7:15am	Silver Fit	Meagan N	8:30am	Athletic Step	Marty	8:00am	STEP	Amy D		
	8:15am	CHISEL 30	Lacy Dawn	9:30am	Surge Fit	Tangi	9:00am	High Fitness	Heather		
	9:00am	High Fitness	Tangi	10:30am	CHISEL	Lacy Dawn	10:00am	High Yo	Heather		
	10:00am	High Yo	Tangi	11:30am	High Yo	Lacy Dawn	10:40am	Healthy Posture	Lorri		
	10:40am	Healthy Posture	Lorri	12:15pm	Silver Fit	Jordan	4:15pm	Healthy Posture	Lorri		
	4:15pm	Healthy Posture	Lorri	5:30pm	DanceFIT	Jordan	5:30pm	CHISEL	Amber P		
	5:30pm	CHISEL	Jordan	6:30pm	CHISEL	Candice	6:30pm	LDUB CLUB	Laci		
	6:30pm	LDUB CLUB	Laci	7:30pm	RIOT <i>*18+ years*</i>	Lacy Dawn	7:30pm	HIP HOP <i>*18+ years*</i>	Tierra		
	7:30pm	RIOT <i>*18+ years*</i>	Lacy Dawn								
	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 <i>*18+ years*</i>	Lacy Dawn		
	5:30pm	High 30	Lacy Dawn								
	6:00pm	Yo 30	Lacy Dawn								
	6:30pm	LDUB CLUB	Laci								

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	
	5:30pm	Power Flow	Micah	11:15am	Yoga for Athletic Recovery	Amber G	11:15am	Kundalini <i>*90 minutes*</i>	Breanna	
	6:30pm	Barre	Barbara	12:15pm	Hot Pilates Burn	Amber G	4:15pm	Gentle Yoga & Mindfulness	Barbara	
	7:30pm	Gentle Flow & Meditation	Michele	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 <i>*90 minutes*</i>	Nels	
	7:00pm	Sound Therapy & Flow <i>*75 minutes*</i>	Jessi				11:00am	Mindful Flow & Yin	Breanna	
							5:00pm	Restorative	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