Sandy
HEART OF THE WASATCH

Fitness Schedule

Alta Canyon Sports Center

Fall Fitness Schedule 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 am	**Power Pump** Kellie	**Power Step** Mindi	**Power Pump** Kellie	**Power Step** Mindi	**Pilates** Kathryn	
	Cycling Tami	**Cycling** Clint	**Cycling** Tami	**Cycling** Clint		
6:30 am						**Cycling** Clint
7:45 am						**Cycling** Annette
8:00 am	**Stretch & Strengthen** Bethne		**Stretch & Strengthen** Bethne			**Yoga** Jennifer S.
8:30 am		**Cardio Express** Tami		**Cardio Express** Barb	**Cardio Express** Jenn	
9:00 am	**Hi-Lo/Pump** Jenn	**Power Pump** Tami	**Multi-Step** Jenn	**Power Pump** Barb	**Pilates** Jenn	**Zumba I** Kristi
	Cycling Maryann	**Cycling** Nancy	**Cycling** Maryann	**Cycling** Nancy		**Cycling** Bethne
10:00 am	**Power Pump** Bethne	**Yoga** Angie	**Pump//Stretch** Bethne	**Yoga** Angie	**Zumba** Kristii	
10:15 am						**Power Pump** Bethne
5:15 pm		**Step Fusion** Jenn		**Step Fusion** Jenn		
5:30 pm	**Pump Express** Nancy		**Pump Express** Nancy			
6:00 pm	**Cycling** Kelli	**Power Pump** Bethne	**Cycling** Kelli	**Power Pump** Bethne		
	Cardio Kickbox Nancy	**Cycling** Annette	**Cardio Kickbox** Nancy	**Cycling** Annette		
7:00 pm		**Zumba** Karen		**Zumba** Masuda		
8:00 pm		**Yoga** Jennifer S.		**Yoga** Jennifer S.		

Alta Canyon Center Hours

Mon—Thurs	5:30 AM to 10:00 PM
Friday	5:30 AM to 8:00 PM
Saturday	6:30 AM to 8:00 PM
Sunday	NOON to 5:00 PM

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