



**Salt Lake  
Tennis &  
Health Club**

**Group Exercise Schedule  
May 15-21**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 GPP Training Fitness Floor	6:00 Cycle Cycle Studio Tiffany Harrison	6:00 GPP Training Fitness Floor	6:00 Cycle Vibes Cycle Studio Hillary Burton	6:00 AM Burn Main Studio Allison Petersen	8:00 GPP Training Fitness Floor
8:30 Cycle Vibes Cycle Studio Amy Wieloch	9:00 GPP Training Fitness Floor	9:00 GPP Training Fitness Floor	8:30 HIIT (30 min) Main Studio Kathy Butler	8:30 Cycle Vibes Cycle Studio Amy Wieloch	8:30 Cycle Vibes Cycle Studio Amy Wieloch
9:00 GPP Training Fitness Floor	10:30 Phunk Fit Main Studio Sarah Steele	9:30 Barre Burn Main Studio Kerri Halladay	9:00 HardCore (30 min) Main Studio Kathy Butler	9:00 GPP Training Fitness Floor	8:30 Burn Main Studio Marina Davydova
9:30 Barefoot BootCamp Main Studio Amy Wieloch	11:00 GPP Training Fitness Floor	10:30 Mat Pilates Yoga Studio Rachel Krahenbuhl	9:00 GPP Training Fitness Floor	9:30 Barre Burn Main Studio Allison Petersen	9:00 GPP Training Fitness Floor
11:00 GPP Training Fitness Floor	12:00 Gentle Yoga Yoga Studio Sally Boland	11:00 GPP Training Fitness Floor	10:00 Power Yoga Yoga Studio Andrea Hack	10:30 Power Yoga Yoga Studio Amy Wieloch	9:30 Zumba Main Studio Allison Petersen
12:00 GPP Training Fitness Floor	12:00 GPP Training Fitness Floor	12:00 GPP Training Fitness Floor	11:00 GPP Training Fitness Floor	11:00 GPP Training Fitness Floor	9:30 Vinyasa Yoga Yoga Studio Marina Davydova
			12:00 GPP Training Fitness Floor	12:00 GPP Training Fitness Floor	10:30 HIGH Fitness Main Studio HIGH Team
5:00 GPP Training Fitness Floor	5:00 GPP Training Fitness Floor	4:30 HIIT (30 min) Main Studio Kathy Butler	5:00 GPP Training Fitness Floor	6:00 Vinyasa Yoga Yoga Studio Anna Johnson	10:30 Restorative Yoga Yoga Studio Allie Vincent
5:30 Vinyasa Yoga Yoga Studio Whitney Rasmussen	5:00 Barre Burn Main Studio Ashley Rather	5:00 HardCore (30 min) Main Studio Kathy Butler	5:30 Phunk Fit Main Studio Sarah Steele		
6:00 Cycle Cycle Studio Anna Johnson	6:00 HIGH Fitness Main Studio Cassidy Barsdorf	5:00 GPP Training Fitness Floor	6:30 Heated Power Yoga Yoga Studio Brent Walton		
	6:30 Power Yoga Yoga Studio Kevin White	6:00 Cycle Cycle Studio Brent Walton			
					<b>Sunday</b>
					10:30 Power Yoga (75 min) Yoga Studio Kevin White