

# Group Fitness Schedule 2023



OGDEN  
ATHLETIC CLUB

FALL SCHEDULE

**STARTS AUG. 21**

## MORNING CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grit Athletic 5:30-6:00AM	Capacity Cycle 5:30-6:15AM	BodyPump 6:00-7:00AM	Interval Cycle 5:30-6:15AM	Grit Strength 5:30-6:00AM	BodyPump 7:00-8:00AM
BodyPump 6:00-7:00AM		SilverFit Balance 8:00-8:45AM		BodySculpt 6:00-7:00AM	BodyAttack 8:00-8:30AM
Capacity Cycle 9:00-9:45AM	Interval Cycle 9:00-9:45AM	CycleSculpt 9:00-10:00AM	HIIT 30 Cycle 8:30-9:00AM	Interval Cycle 9:00-9:45AM	Endurance Cycle 8:30-9:30AM
AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	DeepWater Intensive 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM	AquaCardio Challenge 9:00-10:00AM
BodySculpt 9:00-10:00AM	BodyPump 9:00-10:00AM	Core Sculpt 9:00-9:30AM	BodyPump 9:00-10:00AM	BodyPump 8:30-9:15AM	BodySculpt Express 8:30-9:15AM
Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Mat Pilates 9:00-10:00AM	Barre 9:00-10:00AM	Vinyasa Yoga 9:15-10:15AM
BodyCombat 10:00-11:00AM	Dance Fit 10:00-11:00AM	BodyAttack 9:30-10:00AM	DanceFit 10:00-11:00AM	BodyCombat 9:15-10:15AM	BodyCombat 9:15-10:00AM
Vinyasa Yoga 10:05-11:00AM	YinYoga 10:05-11:00AM	Gentle Yoga 10:05-11:00AM	Restorative Yoga 10:05-11:00AM	FitYogaFlow 10:05-11:00AM	Grit Athletic 10:00-10:30AM
		BodyPump 10:05-11:00AM			BodyPump 10:35-11:30AM
	SilverFit Classic 11:00-Noon	SilverFit Dance Cardio 11:00-11:45AM	SilverFit Classic 11:00-Noon	Zumba Gold 11:00-Noon	

## EVENING CLASSES

Core Sculpt 4:45-5:15PM		BodySculpt Express 4:30-5:15PM		BodyPump 4:30-5:30PM
BodyAttack 5:15-6:00PM	BodyPump 5:00-6:00PM	BodyAttack 5:15-6:00PM	BodyPump 5:00-6:00PM	
Grit Strength 6:00-6:30PM	Restorative Yoga 5:30-6:30PM	Grit Strength 6:00-6:30 PM	Vinyasa Yoga 5:30-6:30PM	
HIIT Cycle 6:00-6:30pm	BodyCombat 6:00-6:45PM	Endurance Cycle 6:00-6:45PM	BodyCombat 6:00-6:45PM	
BodyPump 6:35-7:30PM	BodySculpt 6:45-7:30PM	BodyPump 6:35-7:30PM	DanceFit 6:45-7:30PM	

### LEGEND

- Large Room
- Yoga Room
- Cycling Room
- Pool