

Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Smooth Cardio Emily		Zumba Sariah		Smooth Cardio Emily
11:30 AM	Smooth Moves Angel		Smooth Moves Angel		Smooth Moves Angel
4:30 PM	Pilates Livia				
4:45 PM	BodyCore Carol		BodyCore Carol		
5:30 PM				Pilates Emily	
7:00 PM				Zumba Sariah	

Open Gym Hours: Monday-Friday 8:00 a.m.-5:00 p.m.

Gym space may be limited due to therapy patients. Patients receive priority on all equipment.

Training Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45 AM	StrengthTraining Angel		StrengthTraining Angel		StrengthTraining Angel
9:00-10:00 AM		StrengthTraining Geniel		StrengthTraining Geniel	
9:45-10:45 AM	StrengthTraining Angel		StrengthTraining Angel		StrengthTraining Angel
10:15-11:15 AM		StrengthTraining Geniel		StrengthTraining Geniel	
11:15-12:15 AM		StrengthTraining Geniel		StrengthTraining Geniel	
3:00-4:00 PM 4:00-5:00 PM 5:15-6:15 PM		StrengthTraining Geniel		StrengthTraining Geniel	

Wasatch Physical Therapy and Fitness has highly-qualified Physical Therapists as well as Certified Personal Trainers that give one-on-one attention as well as motivation to succeed and reach your personal goals.

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