

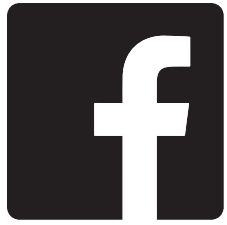


# The *Spirit!* of Exercise

a wellness club

**Building From Within**

1615 North Main • Cedar City • 867-5582 (KLUB)




We now have all your favorite club's information on  
[www.facebook.com/spiritwellnessclub](http://www.facebook.com/spiritwellnessclub)  
[www.spiritwellnessclub.com](http://www.spiritwellnessclub.com)

FOCUSED ON YOUR COMPLETE WELLNESS. **Spirit!**  
a wellness club

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**Fitness Classes**



Spirit Wellness Club stands out as the largest and best facilitated wellness club in Cedar City. We offer two floors of fitness machines and training rooms. Spirit has unparalleled equipment and service including:


- Over 225 fitness machines - NO WAITING IN LINES
- MedX, DAVID, and TECA lines, unmatched in bio-mechanics and quality
- Private Fitness Room (Personal Training)
- 2 complete circuits - PACE and SPRINT
- Fully equipped locker rooms with personal lockers, & showers
- Saunas
- Also offering mental health counseling services. [CLICK HERE](#) for more information about Blue Door Therapy

**CLUB HOURS**  
 Monday - Thursday: 5 AM to 10 PM  
 Friday: 5 AM to 9 PM  
 Saturday: 7 AM to 4 PM  
 Sunday: Closed

Class schedule for 2015  
 Try us, you'll love us! We invite you to come on in and give Spirit Wellness a try.  
 Be sure to see our club [FAQ!](#)

  
 Available our resident rates

Spirit Wellness Club  
 1615 North Main  
 Cedar City, UT 84703  
 435-867-4118



- Class Schedules
- Fitness Tips
- Specials
- Operating Hours
- FAQ's
- Pictures
- and More!

*Imagine never having an excuse for not knowing the class schedule!*

## Hours:

**Monday - Thursday**  
 5:00 a.m. - 10:00 p.m.

**Friday**  
 5:00 a.m. - 9:00 p.m.

**Saturday**  
 7:00 a.m. - 5:00 p.m.

## Child Care Facility Hours:

















































**Monday - Wednesday** 8:45 a.m. - Noon, 5:00 p.m - 8:00 p.m.

**Thursday** 8:45 a.m. - Noon, 5:00 p.m. - 7:00 p.m.

**Friday** 8:45 a.m. - Noon

**Saturday** 8:45 a.m. - Noon

# January 2, 2024 - Ultimo May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning Classes</b>					
 5:30 Spinning	 5:45 L.I.I.T.	 5:30 Spin / Circuit	 5:45 L.I.I.T.	 5:15 (60 min) Spinning	
9:00 Ab / Jab	 9:00 Spin / Stretch	 9:00 (45 min) Crazy Circuit	 9:00 Power Step	 9:00 Yoga	 9:00 (60 min) Spinning
 10:00 Zumba Gold	 10:00 Silver Sneakers Classic	 10:00 Yoga Gold	 10:15 Zumba Gold	 10:00 Silver Sneakers Circuit	
		 Sunshine Dance* Rm 2: 10:00 - 10:45	 10:05 * Krav Maga Combat Kickboxing	 Rm 2: 9:00-9:45* Krav Maga	 9:45-10:15* Tiny Tigers Rm: 1
	 Rm 2: 9:00 -9:45 * Krav Maga Combat Kickboxing	 11:00 Barre / Dance			 10:15 - 11:30* Karate Kids BBC Rm1
<b>Evening Classes</b>					
 Sunshine Dance* Rm 1: 2:15-8:15	 Sunshine Dance* Rm 1: 2:15-6:00	 Sunshine Dance* Rm 1: 3:00-7:00	 Sunshine Dance* Rm 1: 2:15-7:30	 Sunshine Dance* Rm 1: 2:00 -3:30	 12:30-1:30pm* Krav Maga Rm 2
 Sunshine Dance* Rm 2: 3:00-5:00	 Sunshine Dance* Rm 2: 3:00-7:15	 Rm 2:2:00-2:30 Tiny Tigers	 Sunshine Dance* Rm 2: 3:00-7:15		
 Rm: 2 5:10 Uni Flex / Free Flex	 5:10 (60 min) Spinning	 Sunshine Dance* Rm 2: 3:00-5:30		 RM 2: 3:30-4:00* Tiny Tigers	
 6:05 (60 min) Spinning		 6:05 Crazy Circuit		 RM 2: 4:15-5:00* BBC	
 Rm 2: 6:05 - 8:05* Mindful Martial Arts	 Rm: 1 7:00 Mood Elevating Yoga	 Rm: 1 7:00 Kundalini Yoga		 RM 1 & 2: 5:00-6:00* Karate Kids	
				 Rm 1: 6:00-7:00* Master's Club	
	 Rm: 2 7:30-8:50* Mixed Martial Arts	 Rm: 2 6:05-8:50* Mindful Martial Arts	 Rm: 1 - 7:45-8:45* Krav Maga	 Rm: 2 6:00-8:00pm* Mixed Martial Arts	

Class Ne	Description	Intensity	Strength	Coordination	Endurance
Yoga Gold	Yoga for those with a little silver or gold in their hair.	●	●●	●●●(●)	●
Silver Sneakers	Insurance sponsored exercise class for seniors 65 and older (or younger).	●●●(●)	●●●(●)	●●	●●
Zumba Gold	A lighter version of Zumba.	●●●(●)	●	●●●(●)	●●●(●)
Spin/Stretch	45 minute Spinning, followed by solid stretching session.	●●●●●	●●	●●	●●
Uni Flex/Free Flex	Dumbbell or Barbell class to music.	●●●●(●●)	●●●●(●●)	●(●)	●●●●(●)
Kundalini Yoga	Meditative yoga experience. Brings awareness to mind, body, and spirit.	●	●●	●●●(●)	●
L.I.I.T.	Low impact interval training but a great start to your day as we laugh and have fun working out.	●●●●(●●)	●●●(●●)	●(●)	●●●(●)
Mood Elevating Yoga	Get happier with logic, thoughts, breaths, and moves to cultivate mental, physical and spiritual fitness and wellness. Mixed levels	●●	●●●(●)	●●●(●)	●
Crazy Circuit	Not THAT crazy, but very adaptive to ANY fitness level. Come as you are.	●●●●●(●●)	●●●●(●●)	●	●●●●●●
Barre/Modern Dance	Get strong, toned and coordinated at the Barre.	●	●●	●●●(●)	●

\* Extra curricular class

All classes are 50-60 minutes unless otherwise indicated.