



# 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 6, 2025 - Ultimo May 2025

| Monday                 | Tuesday   | Wednesday                         | Thursday                                     | Friday                           | Saturday                              |
|------------------------|---|-----------------------------------|--|----------------------------------|---------------------------------------|
| <b>Morning Classes</b> |   |                                   |  |                                  |                                       |
| 5:30<br>Spinning       | 5:45<br>L.I.I.T.                                      | 5:30<br>Spin / Circuit            | 5:45<br>L.I.I.T.                             | 5:15<br>(60 min)<br>Spinning     | Rm 1: 8:00<br>Gentle Yoga             |
| 9:10*<br>Ab / Jab      | 9:00<br>Spin / Stretch                                | 9:00 (45 min)<br>Crazy Circuit    | 9:10<br>Power Step                           | 9:00<br>Yoga                     | 9:00 (60 min)<br>Super Spinning       |
| 10:00<br>Zumba Gold    | 10:00<br>Silver Sneakers Classic                      | 10:00<br>Yoga Gold                | 10:00<br>Zumba Gold                          | 10:00<br>Silver Sneakers Circuit | 9:45-10:15*<br>Tiny Tigers Rm: 1      |
|                        | <b>TRX</b> * Rm 2<br>11:15                            | Sunshine Dance*<br>RM 2: 10-10:45 | 8:00-8:45*<br>Krav Maga<br>Combat Kickboxing | Rm 2: 8:00-8:45*<br>Krav Maga    | 10:15 - 11:30*<br>Karate Kids BBC Rm1 |
|                        | Rm 2: 8:00 - 8:45 *<br>Krav Maga<br>Combat Kickboxing | 11:00<br>Barre / Dance            | <b>TRX</b> * Rm 2<br>11:15                   |                                  | 12:30-1:30pm*<br>Krav Maga Rm 2       |

|  |  |  |                                    |  |  |
|--|--|--|------------------------------------|--|--|
| <b>Afternoon / Evening Classes</b>       |  |  |                                    |  |  |
| Sunshine Dance*<br>Rm 1: 3:00-8:45       | Sunshine Dance*<br>Rm 1: 2:15-6:00     | Sunshine Dance*<br>Rm 1: 3:00-7:00       | Sunshine Dance*<br>Rm 1: 2:15-7:30 | Sunshine Dance*<br>Rm 1: 1:15-3:30       | 9:00 - 10:00<br>Pump w/ Liz                  |
| Sunshine Dance*<br>Rm 2: 2:15-5:00       | Sunshine Dance*<br>Rm 2: 3:00-7:15     | Sunshine Dance*<br>Rm 2: 2:00-5:30       | Sunshine Dance*<br>Rm 2: 3:00-8:15 |  | 10:00 - 11:00<br>Kickboxing & Stretch w/ Liz |
| 5:05<br>Free Flex                        |  | RM 2: 5:30*<br>Tiny Tigers               |                                    | RM 2: 3:30-4:00*<br>Tiny Tigers          |  |
| 6:05<br>Spinning                         | <b>POUND</b> 6:05<br>Pound             | 6:05<br>Crazy Circuit                    | 5:15<br>Spinning                   | RM 2: 4:15-5:00*<br>BBC                  |  |
| Rm 2: 6:05-8:05*<br>Mindful Martial Arts | Rm: 1 7:00<br>Mood Elevating Yoga      | Rm: 1 7:00<br>Gentle Yoga                |                                    | RM 1 & 2:<br>5:00-6:00*<br>Karate Kids   |  |
|  | Rm: 2 7:30-8:50*<br>Mixed Martial Arts | Rm: 2 5:45-8:50*<br>Mindful Martial Arts | Rm: 1 - 7:45-8:45*<br>Krav Maga    | Rm: 1<br>6:00-7:00pm*<br>Master's Club   |  |
|  |  |  |                                    | Rm: 2 6:00-8:00pm*<br>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.   | ●●●●      | ●●       | ●●           | ●●        |
| Pound               | A full body, beat-driven, cardio jam session inspired by the fun of playing the drums.  | ●●●●(●)   | ●●●●(●)  | ●●●●         | ●●●●(●)   |
| 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.   | ●         | ●●       | ●●●(●)       | ●         |
| TRX                 | Suspension training to build strength, flexibility and core stability.  | ●●●●●●●   | ●●●●(●●) | ●●●(●●)      | ●         |

★ Extra curricular class

All classes are 50-60 minutes unless otherwise indicated.