



\$25 per month for unlimited classes*

\$5 for individual classes

(*with autodraft - \$30 without autodraft)



☺ indicates classes with childcare (contact for prices)

Springville Schedule 875 N Main St Springville (Omega Martial Arts)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Drench 5:45am-6:45am (Jana)	Sculpt 'n Burn 5:45am-6:45am (Wendy)	Cardio Drench 5:45am-6:45am (Jana)	Sculpt 'n Burn 5:45-6:45am (Wendy)	Cardio Drench 5:45-6:45am (Wendy)	Circuit Shock 7am-8am (Lisa)
					Zumba 8am-9am (Wendy)
☺ Sculpt / Zumba 9:15am-10:45am (Wendy)	☺ Zumba 9:15am-10:15am (Michelle)	☺ Sculpt / Zumba 9:15am-10:45am (Wendy)	☺ Zumba 9:15am-10:15am (Michelle)	☺ Zumba Toning 9:15am-10:15am (Kathy)	
Zumbatomic (kids) 3:45-4:30pm (Ani and Kathy)					
Zumba 8:15pm-9:15pm (Ani)	Yoga 8:30pm-9:30pm (Jenny)	Zumba 8:15pm-9:15pm (Kathy)	Yoga 8:30pm-9:30pm (Jenny)		

Salem Schedule 576 W State Rd 198 Salem (Central Utah Stars)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Step 5:30-6:30am (Melinda)	Sculpt* 5:45-6:45am (Santee)	Zumba 5:45am-6:45am (Santee)	Step 5:30am-6:30am (Melinda)	Zumba 5:45am-6:45am (Santee)	Step 5:30-6:30am (Melinda)	Cardio Kickbox* 5:45-6:45am
☺ Pilates 9:15am-10:15am (Angie)	☺ Sculpt 'n Burn 9:15am-10:15am (Amara)	☺ Zumba 9:15am-10:15am (Michelle)	☺ Sculpt 'n Burn 9:15am-10:15am (Amara)	☺ Yoga 9:15am-10:15am (Sarah)	☺ Zumba 8:00-9:00am (Michelle)	
☺ Zumba 10:15-11:15am (Michelle)						
Zumba 8:30pm-9:30pm (Nany)		Zumba 8:30pm-9:30pm (Nany)	Zumba 8:30pm-9:30pm (Michelle)			

*Santee's Monday and Friday early morning classes are held at Omega Martial Arts 875 E 100 N in Payson

sweatychixfitness.com
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