



MURRAY SENIOR REC CENTER – FITNESS CLASSES – FEB 2026

801-265-2635 – #10 EAST 6150 SOUTH MURRAY UTAH 84129 – MCREG.COM

PAY MONTHLY CLASS FEE OR INDIVIDUAL CLASS FEE OF \$4 PAYABLE DAY OF CLASS

(Individual class fee is subject to class space availability)



	TIME	CLASS	LOCATION	COST		INSTRUCTOR
MONDAY	8:45 – 9:40	Triple G	Fitness Studio	\$ 10	Month	Becky
	9:00 – 10:00	NIA	Dining Room	\$ 15	Month	Sadie
	9:00 – 9:45	Spinning	East Conference	\$ 10	Spinning Pass	Lynette
	10:00 – 11:00	Yoga	Fitness Studio	\$ 15	Month	Mitch
	10:30 – 11:15	Chair Yoga	West Conference	\$ 10	Chair Yoga Pass	Wendy
	11:15 – 11:45	Chair X-ercise	East Conference	\$ 5	Seated Pass	Hal
	11:15 – 1:00	Chakra Meditation	Fitness Studio	\$ 20	8-week Session	Barbara
	11:20 – 11:40	Face Yoga	West Conference	\$ 5	Month	Wendy
	1:30 – 2:30	Strength Conditioning	Fitness Studio	\$ 10	Month	Becky
TUESDAY	8:45 – 9:15	TRX	Fitness Studio	\$ 5	Month	Vanice
	9:30 – 10:15	Pop Core	Fitness Studio	\$ 8	Month	Wendy
	10:30 – 11:30	Tai Chi	Fitness Studio	\$ 10	Month	Bonnie K.
	10:30 – 11:15	Chair Yoga	Dining / West Conf	\$ 10	Chair Yoga Pass	Wendy
	11:45 – 12:45	Tai Chi	Fitness Studio	\$ 10	Month	Bonnie K.
	1:00 – 2:00	UofU: Overall Fitness	Fitness Studio	FREE	Month	UofU Students
	1:15 – 1:45	Line Dance (Beginning)	Dining Room	\$ 5	Month	Bonnie H.
	2:00 – 3:00	Line Dance	Dining Room	\$ 10	Month	Bonnie H.
WEDNESDAY	8:30 – 9:30	Yoga	Fitness Studio	\$ 15	Month	Mitch
	9:00 – 9:45	Spinning	East Conference	\$ 10	Spinning Pass	Lynette
	9:30 – 10:30	Yoga	Fitness Studio	\$ 15	Month	Mitch
	10:00 – 10:45	Qigong and Tapping	East Conference	\$ 8	Month	Delan
	11:15 – 11:45	Chair Fit	Fitness Studio	\$ 5	Seated Pass	Moe
	12:00 – 1:00	Martial Arts	East Conference	\$ 10	Month	Cory
THURSDAY	8:45 – 9:40	TRX	Fitness Studio	\$ 10	Month	Becky
	9:00 – 9:45	Easy Flow Yoga	East Conference	\$ 8	Month	Wendy
	9:45 – 10:15	Stretch and Mobility	Fitness Studio	FREE	Month	Becky
	10:30 – 11:30	Tai Chi	Fitness Studio	\$ 10	Month	Bonnie K.
	10:30 – 11:15	Chair Yoga	Dining Room	\$ 10	Chair Yoga Pass	Wendy
	11:45 – 12:45	Tai Chi	Fitness Studio	\$ 10	Month	Bonnie K.
	1:30 – 2:30	Strength Conditioning	Fitness Studio	\$ 10	Month	Becky
	7:00 – 8:00	Yoga	East Conference	\$ 15	Month	Mitch
FRIDAY	8:45 – 9:40	Triple G	Fitness Studio	\$ 10	Month	Wendy
	9:00 – 10:00	Zumba Gold	Dining Room	\$ 10	Month	Jennifer
	9:00 – 9:45	Spinning	East Conference	\$ 10	Spinning Pass	Lynette
	10:15 – 10:45	MMM	Fitness Studio	\$ 5	Seated Pass	Delan
	11:15 – 11:45	Chair Fit	Fitness Studio	\$ 5	Seated Pass	Moe
	1:00 – 2:00	UofU: Overall Fitness	Fitness Studio	FREE	Month	UofU Students

NOTE: Attendance for Seated, Spinning, and Chair Yoga passes are based on a first come basis and is limited to the equipment and/or space available. Instructor has final say on who may stay.



WALK(ING CLUB) TO SUNNY FLORIDA CHALLENGE (Jan-Mar) – Cost is \$12. Register now.

CHAIR FIT – Gentle seated exercise for beginners, those with balance challenges, low energy, or wheelchair users. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes

CHAIR X-ERCISE – Seated strength and cardio using bands, weights, and balls. Great for beginners, balance challenges, or wheelchair users. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes

CHAIR YOGA – Gentle yoga with core-strengthening and lymphatic face yoga—all from a chair. Improves mobility, balance, flexibility, strength, and relaxation. 45 minutes

CHAKRA MEDITATION (*class continues through March 9*) – Use meditation, sound, and chakra exercises to raise your vibration, support healing, and promote positivity. 1 hour 45 minutes

EASY FLOW YOGA – Gentle, slower-paced mat yoga linking simple poses with mindful breathing. Builds flexibility, balance, and strength. (*Must be able to transition from floor to feet gradually*) 45 minutes

FACE YOGA / LYMPHATIC DRAINAGE – This class uses light, easy movements to help your lymphatic system do what it does best—keep you de-puffed, de-stressed, and moving smoothly. 20 minutes

LINE DANCE (BEGINNING) – Learn basic steps and AB dances with clear, repetitive instruction so you can follow along with confidence. 30 minutes

LINE DANCE – Dance in rows to choreographed step sequences. For those familiar with step names, includes 4-wall dances and 24–48 count choreography. 1 hour

MARTIAL ARTS – Train in Bihonte Martial Arts, blending hand and foot techniques, street kickboxing, and self-defense skills. 1 hour

MMM (Music, Memory, Movement) – Fun mix of rhythm, music, drumming, and dance for endurance. Seated and standing options available. *Included in \$5 Unlimited Seated Fitness Pass.* 30 minutes

NIA (Neuromuscular Integrative Action) – Expressive movement program that blends dance, martial arts, and mindfulness to improve balance and body awareness. 1 hour

POP CORE – Fun music driven class that blends core-strengthening moves with upbeat, full body toning exercises for a total feel-good workout. Bring a mat. 45 minutes

QIGONG AND TAPPING – Combination of the ancient Chinese practice of Qigong which is gentle and mindful movement, meditation, and tapping techniques to help balance life force energy. 45 minutes

SPINNING – A fun, low-impact indoor cycling class perfect for beginners—go at your own pace while improving fitness, strength, and endurance to upbeat music! 45 minutes

STRENGTH CONDITIONING – Build strength, balance, and flexibility thru guided resistance training. 1 hour

STRETCH AND MOBILITY – Designed to build strength, mobility, and confidence with floor stretches—participants must be able to transition up and down independently. 30 minutes

TAI CHI – Gentle “moving meditation” to improve balance, flexibility, coordination, and overall wellness. 1 hr.

TRIPLE G (Glutes, Guts, Guns) – Tone arms, abs, and glutes with a mix of dumbbells and bodyweight training. 55 minutes

TRX (Total Body Resistance Exercise) – Full-body workout using TRX straps for strength, cardio, and posture. 30-55 minutes (classes for all levels)

YOGA – Ancient practice of movement and breath to strengthen the body and calm the mind. 1 hour

ZUMBA GOLD / DANCE FITNESS – A fun, low-impact version of Zumba designed for seniors with easy-to-follow dance moves. 1 hour

UofU KINESIOLOGY – CIRCUIT & PERSONAL TRAINING – Small-group or one-on-one training with kinesiology students. *Pre-application required.* 1 hour

UofU KINESIOLOGY – OVERALL FITNESS – Group fitness to build endurance, balance, and flexibility. 1 hour

See our newsletter for more information and additional programs.