

Fitness Classes



Pilates Open Class	PILATES (pronounced pul-LAH-teez) is a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Emphasizing on breath, core conditioning and body awareness. Pilates exercises will leave you looking toned, feeling revitalized and moving with ease.
Boy-ilates Open Class	Hey Guys, Pilates is not just a girl's workout. Come in and try our "Boy"-ilates class. Learn basic Pilates mat skills, the perfect complement to cardiovascular exercise, sports, rehab and life. A highly effective way to stretch, strengthen and streamline your body.
Yoga Open Class	Experience a gentle, slower paced yoga practice that uses supported poses, meditation and breathing techniques. You will increase body awareness while restoring Mind, Body and Spirit
Smooth Movement Open Class	Educate your mind and reclaim your strength and movement through a fun and safe exercise program. Improve balance, stability, flexibility and circulation while you strengthen muscles and increase joint mobility.
B.E.S.T. Specialized Class	Body Enhanced Sports Training, designed give you that extra edge over your competition or fine-tune your skills. Increase Speed, Agility, Strength and Coordination, Learn proper stretching, lifting and exercise techniques taught to aide in the prevention of injuries.
Strength Training Strength Pass	Experience a challenge of strengthening & contouring the muscle groups of both the upper and lower body. Improve your balance! Sharpen your skills! This class runs in six-week intervals and requires pre-registration.
Personal Training Shape Pass	Provides One-on-One training addressing individuals needs and goals. Toning, Strengthening, Weight Loss, Specific Sports Training, Post Injury Rehab Exercises and a Maintenance program.
Open Gym Fitness, Gym Passes	Our Gym will be open to the public during specific posted hours for personal use of our strength and cardio equipment. This does not included classes. Therapy patients receive priority on all equipment.

Wasatch Therapy & Fitness

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