

SARC August Fitness Classes

Fitness class registration begins on the 15th of July for August. If class is full new participants must wait until the first of August to see if space becomes available. Registration minimum must be met one business day prior to beginning of class, or class is subject to cancellation.

The prices on this flyer are for the calendar month for six month and annual pass holders only. If you don't have a six-month or annual pass you can pay for classes on a drop in basis. If you would like to drop into one day of a class cost is \$4 to \$6 **plus** admission. Please ask at front desk for monthly non-pass price.

We have a new option for Six month and annual pass holders.....\$25 for unlimited drop in. It can be used for any class that is not full, first come first serve. Sign in for each class at the front desk. This option is not transferable, not refundable, and may not be extended.

For more information or questions please call S.A.R.C. at 683-3344 ext 16.

Aquarobics: Mon, Wed & Fri, 10:00 AM-10:45 AM. \$28

OR

Tuesdays & Thursdays, 9:00 AM- 9:45 AM. \$18

Core and More: Mondays and Wednesdays, 5:30 PM – 6:30 PM. \$20

Endurance Circuit Training: Tue & Thurs, 6:00AM – 7:00AM. \$18

Hydrofit: Mon, Wed & Fri, 9:00 am - 9:45 am. \$28

Step / Circuit: Mon, Wed & Fri, 8:00 am - 9:00 am. \$28

Stretch Class: Mon & Wed 10:45am -11:45. \$20

***Tai Chi:** Tuesdays & Thursdays, 10 am - 11:30 am. \$7


Water Walking Class: Tuesdays & Thursdays, 1pm- 1:45pm. Will start again in the fall

Dawn Yoga: Mondays & Wednesdays, 6:00 am - 7:00 am. With Alicia. \$20

Yoga: Mondays & Fridays, 9:30 am - 10:30 am. With Kim. \$18

Yoga: Wednesdays, 9:30am-10:30am. With Alicia. \$10

Aqua Zumba: Tuesdays and Thursdays 3:30pm-4:30pm. With Tanya \$18

NEW TIME  **OR** Tuesdays and Thursdays 10-11am. With Nancy \$168



Zumba Cardio Party: Tuesdays & Thursdays, 7:15am-8:15am. With Jenny. \$18

OR

Mon, Wed and Fri, 9:15 am–10:30 am. With Teresa. \$28

OR

Tuesdays and Thursdays 4:30pm-5:30pmpm With Teresa. \$18



Zumba Beginning: Tuesdays & Thursdays, 8:55am – 9:55 am. With Teresa. \$18

Weight and Cardio Room Orientation: Tuesdays @ 12 pm

Please sign up at least one-day prior. Admission price includes orientation.

Circuit Room Orientation: Monday-Friday @ 9:00 am, and Wednesdays @ 11am

Please sign up at least one-day prior. Admission price includes orientation.