

August Classes

Fitness class registration begins on the 15th of July for August. If class is full new participants must wait until the first of June 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.

Six month and Annual pass holders receive a reduced rate when paying for classes by the month.

If you would like to drop into one day of a class cost is \$4 to \$6 **plus** admission.

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. \$35.75 Pass / \$165.75 Non-pass

OR

Tuesdays & Thursdays, 9:00 AM- 9:45 AM. \$24.75 Pass / \$114.75 Non-pass

Core and More: Tuesdays & Thursdays, 5:30 PM – 6:30 PM. \$24.75 Pass / \$114.75 Non-pass

Endurance Circuit Training: Tue & Thurs, 6:00AM – 7:00AM. \$24.75 Pass / \$114.75 Non-pass

Hydrofit: Mon, Wed & Fri, 9:00 am - 9:45 am. \$35.75 Pass / \$165.75 Non-pass

Step / Circuit: Mon, Wed & Fri, 8:00 am - 9:00 am. \$35.75 Pass / \$165.75 Non-pass

Stretch Class: Mondays and Wednesdays, 10:30 AM - 11:30 AM. \$16.50 Pass / \$76.50

No class Aug 2, 4, and 9

***Tai Chi:** Tuesdays & Thursdays, 10 am - 11:30 am. \$36 Pass / \$126 Non-pass

Water Walking Class: Mondays & Wednesdays, 1pm- 1:45pm. **Not held during summer.**

Dawn Yoga: Mondays & Wednesdays, 6:00 am - 7:00 am. With Alicia. \$24.75 Pass / \$114.75 Non-pass

OR

Yoga: Mondays & Wednesdays, 9:20 am - 10:20 am. With Kim. \$24.75 Pass / \$114.75 Non-pass

Zumba Cardio Party: Mon, Wed and Fri, 9:15 am–10:15 am. W/ Teresa. \$35.75 Pass / \$165.75 Non-Pass

OR

Tues & Thursdays, 7:15am-8:15am. W/ Christine. \$24.75 Pass / \$114.75 Non-Pass

OR

NEW CLASS →

Mondays & Wednesdays 6:30pm – 7:30pm. W/ Staci. \$24.75 Pass / \$114.75 Non-pass

Zumba Beginning: Tuesdays & Thursdays, 8:55am – 9:55 am. W/ Teresa. \$24.75 Pass / \$114.75 Non-pass

Family Zumba: Saturdays 10:30 AM- 11:30AM. With Teresa. \$11 Pass / \$65 Non-pass

Youth (ages 8-15) with paid parent \$5.50 Pass / \$32.50 Non-Pass
(or \$2 drop in for youth)

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.