

February Classes

Fitness class registration begins on the 15th of January for February. If class is full new participants must wait until the first of February 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 passes provide a discount on drop in and monthly class prices, Thirty day passes provide a discount on drop in class prices. Drop in price for one class visit, Pass-holder is \$4.00 / Non-pass is \$4.00 + general admission. *Specialty class drop in prices vary.

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. \$33.00 Pass / \$153.00 Non-pass

OR

Tues & Thurs, 9:00 AM- 9:45 AM. \$22.00 Pass / \$102.00 Non-pass

Beginning Belly Dance: Wednesdays, 4:30 PM - 5:30 PM. \$11 Pass / \$51 Non-pass ----- only thru Feb & March

Endurance Circuit Training: Tue & Thurs, 6:00AM – 7:00AM. \$22.00 Pass / \$102.00 Non-pass

Hydrofit: Mon, Wed & Fri, 9:00 am - 9:45 am. \$33.00 Pass / \$153.00 Non-pass

Pilates Basics: Mondays and Wednesdays, 7:45 AM- 8:45 AM. \$22 Pass / \$102 Non-pass

Piloga: Tuesdays and Thursdays, 5:15 PM – 6:15 PM. \$22 Pass / \$102 Non-pass

Step / Circuit: Mon, Wed & Fri, 8:00 am - 9:00 am. \$33.00 Pass / \$153.00 Non-pass

Stretch Class: Mondays and Wednesdays, 10:30 AM- 11:30 AM. \$22 Pass / \$102 Non-pass

***Tai Chi:** Tues & Thur, 10 am - 11:30 am. \$32 Pass / \$112 Non-pass

Water Walking Class: Mon & Wed, 1pm- 1:45pm. \$22 Pass / \$102 Non-pass

Yoga: Mon & Wed, 6:00 am - 7:00 am. \$22 Pass / \$102 Non-pass

OR

Mon & Wed, 9:20 am - 10:20 am. \$22 Pass / \$102 Non-pass

OR

Tue & Thurs 7:30 am-8:30 am. \$22 Pass / \$102 ----- New yoga class ☺

Zumba Cardio Party: Mon, Wed and Fri, 9:15 am – 10:15 am. \$33 Pass / \$153 Non-pass.

OR

Saturdays 10:30 AM- 11:30AM. \$11.00 Pass / \$51.00 Non-pass

Zumba Beginning: Tues & Thurs, 8:55am – 9:55 am. \$22 Pass / \$102 Non-pass.

Weight and Cardio Room Orientation: Wed @ 1:00 pm and Fri @ 5:30 pm

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

Circuit Room Orientation: Mon-Fri @ 9:00 am and Wed @ noon. Ask about interest list for pm orientation.

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