



January fitness classes



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 \$2 to \$6 plus admission.

Another option for Six month and annual pass holders.....\$25 for unlimited drop in during the month of January. 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. \$26
OR
Tuesdays & Thursdays, 9:00 AM- 9:45 AM. \$18

Core and More: Mondays and Wednesdays, 5:30 PM – 6:30 PM. \$18

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

Hydrofit: Mon, Wed & Fri, 9:00 am - 9:45 am. \$26

Improve you stroke adult swim class: Tue & Thur 11:15 \$27

Intro to Weight Lifting: Tuesdays and Thursdays 8:00AM – 9:00AM. \$18

Masters Swim Club: Tuesdays and Thursdays, 6pm – 7pm. \$18

Step / Circuit: Mon, Wed & Fri, 8:00 am - 9:00 am. \$26

***Tai Chi:** Tuesdays & Thursdays, 10 am - 11:30 am. \$27

Water Walking Class: Tuesdays & Thursdays, 1pm - 1:45pm. \$18

Dawn Yoga: Mondays & Wednesdays, 6:00 am - 7:00 am. With Alicia. \$18

Yoga: Mondays & Wednesdays, 9:30 am - 10:30 am. With Alicia. \$18

Yoga: Fridays, 9:30am-10:30am. With Shelly. \$8

Aqua Zumba: Tuesdays and Thursdays 10-10:45am. With Nancy \$18



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

OR
Mon, Wed and Fri, 9:15 am-10:30 am. With Teresa. \$26



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

Zumbatomic: Mondays and Wednesdays 3:30pm-4:15pm. \$13.50



Weight / Cardio Room Orientation and Circuit Room Orientation Please check at front desk for orientation times and days

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