

# July Classes

Fitness class registration begins on the 15<sup>th</sup> of June. If class is full new participants must wait until the first of July 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

Aquarobics: Mon, Wed & Fri, 10:00 am - 10:45 am. \$38.50 Pass / \$143.50 Non-pass

**OR**

Tues & Thurs, 9:00 am - 9:45 am. \$24.75 Pass / \$92.25 Non-pass

Body Basics: Tues & Thurs, 8:45 am - 9:45 am. \$24.75 Pass / \$92.25 Non-pass

Body in Balance: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Endurance Circuit Training: Tue & Thurs, 6:00 am – 7:00 am. \$24.75 Pass / \$92.25 Non-pass

Hydrofit: Mon, Wed & Fri, 9:00 am - 9:45am. \$38.50 Pass / \$143.50 Non-pass

Line Dance: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Pilates Basics: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Piloga: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Qigong: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Step / Circuit: Mon, Wed & Fri, 8:00 am - 9:00 am. \$38.50 Pass / \$143.50 Non-pass

Stretch Class: Mon & Wed, 10:30 am-11:30 am. \$24.75 Pass / \$92.25 Non-pass

\*Tai Chi: Tues & Thur, 10 am - 11:30 am. \$37.25 Pass / \$104.67 Non-pass

Yoga: Mon & Wed, 6:00 am - 7:00 am. IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

**OR**

Tues & Thurs, 10:30 am - 11:30 am. \$24.75 Pass / \$92.25 Non-pass

Intro into Yoga: IS CANCELED FOR NOW, MAY START AGAIN IN THE FALL

Zumba: Mon, Wed and Fri, 9:15 am – 10:15 am. \$38.50 Pass / \$143.50 Non-pass. SUMMER ONLY

Weight and Cardio Room Orientation: Wed @ 2:30 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, Wed @ noon and Thurs @6:15 pm

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

Class Refunds: Full refunds will be granted up to one business day prior to the start of class. Refunds will be prorated from the date the participant comes into the facility and only for medical reasons to withdraw from the class or on the basis that one is moving from the community.