

June Land Classes

Fitness class registration begins May 15th. If class is full new participants must wait until the first of the month 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. Drop in price for one class visit,

Pass-holder is \$3.50 / Non-pass is \$9.00. *Speciality class drop in prices vary.

No class discount on 30-day pass.

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

Step / Circuit

Mon, Wed, & Fri, June 2-30 @ 8:00AM - 9:00AM. \$32.50 Pass / \$97.50 Non-Pass

OR

Mon & Wed, June 2-30 @ 6pm-6:50pm. \$22.50 pass / \$67.50 Non-Pass

*Tai Chi

Tues & Thur, June 3-26 @ 10:00 - 11:30. \$30.00 Pass / \$90 Non-Pass

Endurance Circuit Training

Tues & Thur, June 3-26 @ 6:00am - 7:00am. \$20.00 Pass / \$ 60.00 Non-pass

Body Basics

Tues & Thur, June 3-26 @ 8:45am - 9:45am. \$20.00 Pass / \$60.00 Non-pass

Yoga (no class on June 30)

Mon & Wed, June 2-25 @ 6:15am- 7:15AM. \$20.00 Pass / \$60.00 Non-pass

OR

Mon & Wed, June 2-25 @ 11:45am - 12:45pm. \$20.00 Pass / \$60.00 Non-pass

OR

Mon & Wed, June 2-25 @ 7pm-7:50pm. \$20.00 Pass / \$60.00 Non-Pass

Stretch Class

Mon & Wed, June 2-30 @ 10:30am- 11:30am. \$22.50Pass / \$67.50 Non-pass

Pilates Basics

Tues & Thurs, June 3-26 @ 8am-9am. \$20.00 Pass / 60.00 Non-pass

OR

Mon & Wed, June 2-30 @ 4pm-5pm. \$22.50 Pass / \$67.50 Non-pass

Qigong

Mon & Wed, June 2-30 @ 9:15-10:15. \$22.50 Pass / \$67.50 Non-pass

Weight and Cardio Room Orientation: Wed @ 12:30Pm & Fri @ 5:30PM

(Please sign up at least one day prior)

Circuit Room Orientation: Mon, Wed, Fri @ 9:00am & Wed @ 12:00pm

(Please sign up at least one day prior)

Class descriptions and refund policy on reverse.