

# March Classes

Fitness class registration begins on the 15<sup>th</sup> of February for March. If class is full new participants must wait until the first of March 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. \$38.50 Pass / \$178.00 Non-pass

**OR**

Tues & Thurs, 9:00 AM- 9:45 AM. \$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. \$38.50 Pass / \$178.50 Non-pass

**Pilates Basics:** Mondays and Wednesdays, 7:45 AM- 8:45 AM. \$27.50 Pass / \$127.50 Non-pass

**Piloga:** Tuesdays and Thursdays, 5:15 PM – 6:15 PM. \$24.75 Pass / \$114.75 Non-pass

**Step / Circuit:** Mon, Wed & Fri, 8:00 am - 9:00 am. \$38.50 Pass / \$178.50 Non-pass

**Stretch Class:** Mondays and Wednesdays, 10:30 AM- 11:30 AM. \$27.50 Pass / \$127.50 Non-pass

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

**Water Walking Class:** Mon & Wed, 1pm- 1:45pm. \$27.50 Pass / \$127.50 Non-pass

**Yoga:** Mon & Wed, 6:00 am - 7:00 am. \$27.50 Pass / \$127.50 Non-pass

**OR**

Mon & Wed, 9:20 am - 10:20 am. \$27.50 Pass / \$127.50 Non-pass

**OR**

**Zumba Cardio Party:** Mon, Wed and Fri, 9:15 am – 10:15 am. \$38.50 Pass / \$138.50 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. \$24.75 Pass / \$114.75 Non-pass.

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**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.