

November Classes

Fitness class registration begins on the 15th of October. If class is full new participants must wait until the first of November 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 \$3.50 / Non-pass is \$9.00. *Specialty class drop in prices vary. For more information or questions please call S.A.R.C. at 683-3344

S.A.R.C. will be closed November 27th and there will be no classes November 28th.

Aquarobics: M, W, F November @ 10:00am-10: 45am. \$27.50 Pass / \$82.50 Non-pass

OR

Tues & Thurs November 4-25 @ 9:00am-9: 45am. \$17.50 Pass / \$52.50 Non-pass

Body Basics: Tues & Thurs, November 4-25 @ 8:45am-9: 45am. \$15.00 Pass / \$ 45.00 Non-pass
NO CLASS NOVEMBER 13TH

Endurance Circuit Training: Tues & Thurs, November 4-25 @ 6am-7am. \$17.50 Pass / 52.50 Non-pass

Hydrofit: M, W, F November 3-26 @ 9:00am-9: 45am. \$27.50 Pass / \$82.50 Non-pass

Pilates Basics: Mon & Wed November 5-26 @ 8:00am-9:00am. \$17.50 Pass / \$52.50 Non-pass
No class November 3rd.

Qigong: Mon & Wed, November 3-26 @ 9:15am-10: 15am. \$12.50 Pass / 37.50 Non-pass
NO CLASS NOVEMBER 10TH, 12TH, AND 17TH

Step / Circuit: Mon, Wed & Fri, November 3-26 @ 8:00am-9:00am. \$17.50 Pass / \$52.50 Non-pass
NO CLASS NOVEMBER 10TH, 12TH, 14TH, AND 17TH

Stretch Class: Mon & Wed, November 3-12 @ 10:30am-11: 30am. \$10.00 Pass / \$30.00 Non-pass
NO CLASS NOVEMBER 17TH, 19TH, 24TH, AND 26TH

*Tae Kwon Do Advanced: Tuesdays, November 4-25 @ 5:30pm-7pm. \$15 Pass / \$45 Non-pass
Taking beginning students November only.

*Tai Chi: Tues & Thur, November 4-25 @ 10AM-11: 30am. \$15.00 Pass / \$45.00 Non-pass
NO CLASS 11TH, 13TH, AND 18TH

Yoga: Mon & Wed, November 3-26 @ 6:00am-7:00am. \$20.00 Pass / \$60.00 Non-pass

OR

Tues & Thurs, November 4-25 @ 10:30am-11: 30am. \$17.50 Pass / \$52.50 Non-pass

Weight and Cardio Room Orientation: Wed @ 2:30pm and Fri @ 5:30pm

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

Circuit Room Orientation: Mon-Fri @ 9:00am and Wed @ noon

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.