

MON	TUE	WED	THU	FRI	SAT	SUN
	5:30 am  Stacy	5:30 am  Stacy		5:30 am  Stacy		
	8:15 am PUMP & TONE! Jane			8:15 am  Irina	8:00 am  Barbara	
9:15 am  Irina	9:15 am  Irina	9:15 am  CIRCUIT! Irina	9:15 am  Bonnie	9:15 am  Julie/ Irina	9:15 am  Kelly	9:15 am  Teri
10:15 am  Stacy	10:15 am  HATHA YOGA John	10:15 am  Stacy	10:15 am  HATHA YOGA Melanie	10:15 am  HATHA YOGA John	10:15 am  Kelly	10:15 am  Teri
11:30 am  Level One Janet	11:30 am  Yoga Stretch Janet	11:30 am Pilates Chair Barbara	11:30 am  Level One Janet	11:30 am  Level Two Dolores	11:15 am  Jeanne	11:15 am  HATHA YOGA John
4:30 pm  Jeanne		4:30 pm  HATHA YOGA Melanie	4:45pm  Kelly		<p>All group fitness participants must sign-in on the Group Fitness log for every class. Group Fitness instructors are compensated per participant!</p>	
5:45 pm  Kelly	5:45 pm  Irina	5:45 pm  Stacy	5:45 pm  Stacy	5:45 pm  Stacy		
6:45 pm  Stacy	6:45 pm  Stacy	6:45 pm  Pilates Mat Ami	6:45 pm  Jeannie			
						
5:30 am Beth		9:15 am Carolina	5:30 am Beth	10:15 am Julie	9:15 am Nick	10:15 am Jenn
5:45 pm Nick	5:45 pm Meredith	6:15 pm Mandy	5:45 pm Nick			

Happy New You!

Winter Schedule effective Jan. 9, 2012!

SAFC Club Hours

Monday – Thurs:
5 am – 10 pm
Friday: 5 am – 9 pm
Saturday: 8 am – 6 pm
Sunday: 9 am – 5 pm

KidzCenter

Mornings:

Mon, Tue, Wed, Fri: 8:00 – 12 pm
Thu: 9:00 – 12 pm
Sat: 8 am – 12:15 pm
Sun: 9 am – 12:15 pm

Evenings:

Mon – Fri: 4:30 pm – 8 pm

Guest Policy

Complimentary workouts are for local residents only, over the age of 18 years, and must provide valid identification,
BY APPOINTMENT ONLY!
Guest workouts include a club tour, guided workout, and membership presentation.
All others: Daily \$10 Fee