

MON	TUE	WED	THU	FRI	SAT	SUN
<i>Studio Cycling</i>						
	8:15 AM Kim	5:45 AM John		5:45 AM Rosann	9:00 AM Kathy	
	5:45 PM Kim	5:45 PM Nick		10:00 AM Claudia		
	6:00 am  Bonnie		6:00 am  Bonnie		Happy New You!  Winter Season schedule Effective January 23, 2012	
7:15am  Yoga Karen			7:15 am  Bonnie	8:15 am  Kerri		
8:15 am  Heather		8:15 am  Barbie	8:15 am  Barbie	9:00 am  Kerri	8:00 am Cardio KickBox Nichole	
9:15 am  Barbie	9:15 am  Barbie	9:15am  Kerri	9:15 am  Heather	10:00 am  Heather	9:00 am Pilates Mat  Brenda	9:00 am  Bonnie
10:15 am  Barbie	10:15 am  Barbie	10:15 am Pilates Mat  Kerri	10:15 am  Claudia	11:00  Gold Claudia	10:00 am  Linda	10:15am  Bonnie
11:30 am  Level One Pam	11:30 am  Level Two Sandy	11:30 am Silver Pilates Chair Pam	11:30 am  Level One Sandy	11:45 am  Yoga Karen Rose	11:00 am  Linda	11:15 am  Linda
5:45 pm  Linda		5:45 pm  Linda	5:45 pm  Edith	4:45 pm  Bonnie	All group fitness participants must sign-in on the Group Fitness log for every class. Group Fitness instructors are compensated per participant!  Thanks!	
6:45 pm  Linda	6:45 pm  Ivana	6:45 pm  Linda	6:45 pm  Ivana	5:45 pm  Bonnie		
7:45 pm  Edith	7:45 pm  Claudia	7:45 pm  <i>TONE!</i> Claudia	7:45 pm Cardio KickBox Nichole			



I'm sorry for the confusion!! Please look at the stars to see the most recent changes as of Jan. 15. Thanks, Bonnie

### 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 - Fri: 8 am – 11:30 am  
Sat: 8 am – 12:15 pm  
Sun: 9 am – 12:15 pm  
**Evenings:**  
Mon – Fri: 4:30 – 8:45 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**