

MON	TUE	WED	THU	FRI	SAT	SUN	
	<i>Studio Cycling</i>						
	8:15 AM Kim	5:45 AM Evely		5:45 AM Rosann	9:15 AM Kathy		
5:45 PM Kerri		5:45 PM Nick	6:45 pm Evely	10:15 AM Claudia			
6:00 am  Bonnie			6:00 am  Bonnie	Effective Monday, August 29, 2011			
7:00 am  Bonnie	All group fitness participants must sign-in on the Group Fitness log for every class. Group Fitness instructors are compensated per participant! Thanks!			7:00am  Yoga Karen			
8:15 am  Heather		8:15 am  Barbie	8:15 am  Barbie		8:00 am  Ivana		
9:15 am  Barbie	9:15 am  Barbie	9:15 am  Kerri	9:15 am  Heather	9:15 am  Heather	9:00 am Pilates Mat  Brenda	9:00 am  Ivana	
10:15 am  Barbie	10:15 am  Barbie	10:15 am Pilates Mat  Kerri	10:15 am  Claudia	10:15 am  Ivana	10:00 am  Linda	10:15am  Bonnie/Ivana	
11:30 am  Level One Pam	11:30 am  Level Two Nancy	11:30 am Pilates Chair Pam	11:30 am  YogaStretch Nancy	11:30 am  Claudia	11:00 am  Linda	11:15 am  Linda	
5:45 pm  Linda	5:45 pm  Ivana	5:45 pm  Linda	5:45 pm  Linda	6:00 pm  Edith	<p>It's here!</p>  <p>Let's kick some...</p>		
6:45 pm  Linda	6:45 pm  Pilates Mat Bonnie	6:45 pm  Linda	6:45 pm  Linda				
7:45 pm  Edith	7:45 pm  Claudia	7:45 pm  TONING! Claudia	7:45 pm KickBox  Nichole				

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 pm – 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 \$15 Fee