

MON	TUE	WED	THU	FRI	SAT	SUN
	5:30 am  Stacy	5:30 am  Stacy		5:30 am  Stacy	Effective Monday, August 29, 2011	
8:15 am  Ivana	8:15 am Pump-n-tone Jane	8:15 am  Jeannie		8:15 am  Irina		
9:15 am  Irina	9:15 am  Irina	9:15 am  CIRCUIT! Irina	9:15 am  Irina	9:15 am  Irina	9:15 am  Kelly	9:15 am  Teri
10:15 am  Stacy	10:15 am  John	10:15 am  Stacy	10:15 am  Melanie	10:15 am  John	10:15 am  Kelly	10:15 am  Stacy/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
4:30 pm  Jeanne		4:30 pm  HATHA YOGA Melanie	4:30 pm  Kelly	4:30 pm  Bonnie	  Member Launch! Monday Aug. 29 6:45 pm	
5:45 pm  Kelly	5:45 pm  Irina	5:45 pm  Teri	5:45 pm  Jenn & Stacy	5:45 pm  Stacy		
6:45 pm  Stacy	6:45 pm  Stacy	6:45 pm  Bonnie	6:45 pm  Jeannie			

SPINNING

5:30 am Beth	8:15 am Mandy	9:15 am Carolina	5:30 am Beth	10:15 am Evely	9:15 am Nick	10:15 am Jenn
5:45 pm Nick	5:45 pm Meredith	6:15 pm Mandy	5:45 pm Nick	5:45 pm Mandy		

All group fitness participants must sign-in on the Group Fitness log for every class.
Group Fitness instructors are compensated per participant! Thanks!

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 am – 11:30 am
Thur: 9 am – 11:30 am
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 \$15 Fee