

January Classes

Fitness class registration begins December 7th. If class is full new participants must wait until the first of the month 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.

Drop in price for one class visit, Pass-holder is \$3.50 / Non-pass is \$9.00.

*Speciality class drop in prices vary. No class discount on 30-day pass.

For more information or questions please call S.A.R.C. at 683-3344.

*Tai Chi: \$33.75 Pass / \$101.25 Non-Pass

Tues & Thur, January 3-31 @ 10:00 - 11:30

Endurance Circuit Training: \$22.50 Pass / \$ 67.50 Non-pass

Tues & Thur, January 3-31 @ 6:00AM -7:00AM

Cardio Combo Evening: \$22.50 Pass / \$67.50 Non-pass

Mon & Wed, January 2-30 @ 6:00PM - 7:00PM

Body Basics: \$22.50 Pass / \$67.50 Non-pass.

Tues & Thur, January 3-31 @ 8:45AM - 9:45AM

Yoga: \$22.50 Pass / \$67.50 Non-pass

Mon & Wed, January 2-30 @ 6:15AM - 7:15AM

Stretch Class: \$22.50 pass / \$67.50 non-pass

Mon & Wed, January 2-30 @ 10:30AM-11:30AM

Belly Dance for fun and fitness: \$12.50 pass / \$37.50 non-pass

Thursdays, January 3-31 @ 7:00PM - 8:00PM

Intermediate ab Fitness: \$22.50 pass / \$67.50 non-pass

Tue & Thurs, January 3-31 @ 7:45AM - 8:30AM

Pilates: \$20.00 pass / \$60.00 non-pass

Tues & Thurs, January 8-31 @ 8:00AM-9:00AM

Step/Circuit: \$32.50 pass / \$97.50 non - pass

Mon,Wed & Fri, January 2-30 @ 8AM-9AM

Class Descriptions

Body Basics: It's time to get fit, strengthen your heart, build bone density, and increase flexibility. Challenge your mind & body. Great class for beginners.

*Tai Chi: Classical Yang style Tai Chi Chuan, an ancient form of martial arts, for health and self-defense.

Comprised of slow moving yet concentrated forms emphasizing balance, coordination, and breathing. The class teaches relaxation, stress relief, and internal focus.

Yoga: Hatha Yoga class. Class begins with warm - up movements and breath awareness to prepare you for yoga postures. The heart of each class is a sequence of postures that stretch, strengthen, and balance your body. Each class ends with deep relaxation and meditation.

Endurance Circuit Training: This class is taught in the gymnasium. This is a high intensity class offering a continuous circuit of ever changing exercises using body weight and free weights. This class is aimed to increase your muscle and cardiovascular endurance.

Cardio Combo: Get the best of both worlds with this exciting workout. Gives you an intense workout. Great for all levels.

Stretch Class: Regain and preserve much of your youthful flexibility through simple daily stretching exercises. A program of gradual stretching will allow you to loosen up, move more freely, experience less pain and enjoy life more fully. Includes a meditation segment.

Intermediate AB Fitness: A variety fitness class that focuses on abdominals.

Beginning Belly Dance for Fun and Fitness The graceful hip drops, rolls and pivots of this dance form utilize muscle groups in the abdomen, pelvis, trunk, spine and neck, to improve posture, muscle tone and more.

Pilates: This is a basic pilates class that will focus on breathing and strengthening inner core postural muscles. Join us for a great hour of body toning and weight control.

Step/Circuit: Alternates step bench routines and a variety of circuits. This class will constantly challenge different muscle groups and cardio endurance. Best for intermediate and up.

Fitness Class Punch Card

Good For 5 Class drop-ins
Expires In 1 year
Pass \$15 / Non-Pass \$40

*Fitness Cards are
Not Accepted for
speciality classes.