



		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Phyllis	Reformer II/III w/ Gloria
	9:45 AM	Essentrics w/ Sherry			
	5:30 PM	HIIT It! w/ Rayne ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie T		
	8:30 AM	CrossFit Breathe (in CrossFit space)			
	8:45 AM	HIIT It! w/ Rayne ^{MZ}			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Ann - NEW!	
Wed	6:00 AM			Spinning w/ Claudia	
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	Reformer Pilates w/ Lissy All Levels
	9:45 AM	Essentrics w/ Sherry NEW	Vinyasa Yoga w/ Karl NEW INSTRUCTOR		
	4:30 PM				Pilates Reformer I w/ Lissy
	5:45 PM				Intro to Reformer w/ Lissy NEW (4 weeks) Jan 5 - 26 \$99
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	5:30 PM	Boot Camp w/ Rayne ^{MZ}			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Gloria
Sat	8:00 AM			Spinning w/ Rayne	
	8:30 AM				Reformer Pilates w/ Lissy
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Vinyasa Yoga w/ Karl NEW INSTRUCTOR		
Sun	8:00 AM		Rise 'n Shine Yoga w/ Rotating Instructors (check schedule online)	All classes on this schedule included in SAC membership except for Reformer Pilates.	

MZ: These classes are specially designed to work with Myzone bands, encouraging participants to work out in predetermined heart rate zones. Myzone bands are highly recommended, but not required. They are available at the front desk.