<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:30 p.m.</td>
<td>Step &amp; Sculpt</td>
<td>Alysse</td>
<td>Studio C</td>
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<tr>
<td>Thursday</td>
<td>5:30 a.m.</td>
<td>Gentle Yoga</td>
<td>Suzanne</td>
<td>Studio C</td>
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<tr>
<td>Thursday</td>
<td>6:00 a.m.</td>
<td>Power Yoga</td>
<td>Suzanne</td>
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<tr>
<td>Friday</td>
<td>5:30 a.m.</td>
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<tr>
<td>Saturday</td>
<td>9:00 a.m.</td>
<td>Yoga for Lunch</td>
<td>JoAnne</td>
<td>Studio C</td>
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<tr>
<td>Sunday</td>
<td>7:00 a.m.</td>
<td>Power Yoga</td>
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<td>Studio C</td>
</tr>
<tr>
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<td>8:00 a.m.</td>
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</table>

*All classes are 55 minutes in length unless otherwise specified.

* All instructors are highly trained, certified and dedicated professionals... with current CPR/First Aid certifications.

Cycling Classes
Day and time are mentally and physically challenging. Ask your instructor for modifications. 45-min. classes unless specified.

Cycling
- Monday: 8:00 a.m. Maureen
- Tuesday: 8:30 a.m. Alysse
- Wednesday: 8:00 a.m. Maureen
- Thursday: 8:30 a.m. Alysse
- Friday: 8:00 a.m. Mike/Teresa/Michelle
- Saturday: 7:00 a.m. Maureen
- Sunday: 8:00 a.m. Maureen

Body Conditioning
- Monday: 6:30 p.m. Mary
- Tuesday: 6:30 p.m. Teresa
- Wednesday: 6:30 p.m. Shelly
- Thursday: 8:30 a.m. Sabra
- Friday: 8:00 a.m. Mary
- Saturday: 8:00 a.m. JoAnne
- Sunday: 8:00 a.m. JoAnne

Body Conditioning
- Monday: 5:30 a.m. Step & Sculpt
- Tuesday: 5:30 a.m. Step & Sculpt
- Wednesday: 8:00 a.m. Step & Sculpt
- Thursday: 8:00 a.m. Step & Sculpt
- Friday: 8:00 a.m. Step & Sculpt
- Saturday: 8:00 a.m. Step & Sculpt
- Sunday: 8:00 a.m. Step & Sculpt

* Available only mid-Oct through May

Implement Weather Policy
SAC follows Policy:
Inclement Weather May.
mid-Oct through May.

* All classes are 55 minutes in length unless otherwise specified.

* Fitwalk available:
July-Sep: 8:00 a.m. Field trip - One Friday per month. Please sign up.

PREVIOUSLY STUDIO C

**Sculpt & Strengthen**
- Tuesday: 7:30 a.m. JoAnne
- Thursday: 7:30 a.m. Suzanne
- Friday: 7:30 a.m. JoAnne
- Saturday: 7:30 a.m. JoAnne
- Sunday: 7:30 a.m. JoAnne

**Sculpt & Strengthen**
- Tuesday: 7:30 a.m. JoAnne
- Thursday: 7:30 a.m. Suzanne
- Friday: 7:30 a.m. JoAnne
- Saturday: 7:30 a.m. JoAnne
- Sunday: 7:30 a.m. JoAnne

**Power Yoga**
- Tuesday: 7:00 a.m. JoAnne
- Thursday: 7:00 a.m. JoAnne
- Friday: 7:00 a.m. JoAnne
- Saturday: 7:00 a.m. JoAnne
- Sunday: 7:00 a.m. JoAnne

**Morning Meditation**
- Tuesday: 7:30 a.m. JoAnne
- Thursday: 7:30 a.m. JoAnne
- Friday: 7:30 a.m. JoAnne
- Saturday: 7:30 a.m. JoAnne
- Sunday: 7:30 a.m. JoAnne

**Release & Mobilize**
- Tuesday: 7:30 a.m. JoAnne
- Thursday: 7:30 a.m. JoAnne
- Friday: 7:30 a.m. JoAnne
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**Fitness Class Descriptions**

**Ballet Barre** - Barre inspired exercises focusing on isometric strength training combined with small, high repetitions. Gain strength, tone the muscles of your arms, legs and core and improve your posture.

**Step and Sculpt** - A unique class that combines the benefits of step and sculpting exercises. This class is ideal for all fitness levels and can be performed at different intensities.

**Pilates** - A core-strengthening system of exercises that focus on lengthening and strengthening the body's muscles.

**Yoga** - A comprehensive system of physical, mental, and spiritual disciplines that originated in India.

**Tai Chi** - A form of exercise that combines movement, breathing, and mindfulness to promote health and well-being.

**Kick Boxing** - A high-intensity workout that combines cardiovascular and strength training exercises.

**Zumba** - A fusion of Latin and International rhythms, dance and fitness, designed to get participants moving, laughing, and working up a sweat.

**Group Exercise Department Rules**

**Body Conditioning Studio**

**General**

**Mind Body Studio**

**Cycling Studio**

**Yin Yoga/Flow/Meditation** - A passive, relaxing and nurturing form with time to connect with your breath. The Flow class is a slow-paced class. The Yin class holds poses longer and the Yin Meditations include meditation.

**Samba** - A joyous dance party that achieves cardio conditioning and muscular benefits. International music motivates you to move.

Please refrain from wearing fragrances to class.