

# SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		<b>Bootcamp (Abby)</b> 6:00-7:00am		<b>Bootcamp (Abby)</b> 6:00-7:00am		
7:00am						
8:00am	<b>Fit4Life (Aria)</b> 8:00-9:00am		<b>Fit4Life (Aria)</b> 8:00-9:00am	<b>HIIT &amp; Flow (Kathy)</b> 8:30-9:30am	<b>Fit4Life/ Zumba Toning (Teresa)</b> 8:00-9:00am	<b>Intro to Step (Julie)</b> 8:30-9:00 <i>3/2, 3/9 &amp; 3/24</i>
9:00am	<b>Aqua Fitness (Aria)</b> 9:00-10:00am	<b>Aqua Fitness (Teresa)</b> 9:00-10:00am		<b>Aqua Fitness (Teresa)</b> 9:00-10:00am	<b>Aqua Fitness (Aria)</b> 9:00-10:00am	<b>SuperSaturday</b> 9:00-10:00am  <i>Muscle Blast w/Julie</i> 2/17, 2/24, 3/2, 3/9 and 3/24  <i>HighLo Fitness w/Chelsea</i> 2/3, 2/10, 3/16 and 3/30
					<b>TRX/HIIT (Abby)</b> 9:00-9:45am	
9:30am	<b>Energizer Zone (Teresa)</b> 9:30-10:30am <i>*Upstairs Weight Room 2/5</i>	<b>Muscle Blast (Aria)</b> 9:30-10:30am	<b>Butt-N-Gutt (Aria)</b> 9:30-10:30am	<b>Muscle Blast (Aria)</b> 9:30-10:30am	<b>HighFitness (Chelsea)</b> 9:30-10:30am	
11:30am	<b>Yoga (Aria)</b> 10:30-11:30am		<b>Yoga (Aria)</b> 10:30-11:30am		<b>Yoga Fusion (Aria)</b> 10:30-11:30am	<b>Yoga Fusion</b> 10:15-11:15am <i>(Michelle or Sandy)</i>
	PM	PM	PM	PM	PM	
1:00pm	<b>Aqua Fitness (Aria)</b> 1:00-2:00pm	<b>Chair Yoga (Aria)</b> 1:00-2:00pm	<b>Aqua Fitness (Aria)</b> 1:00-2:00pm	<b>Chair Fitness (Aria)</b> 1:00-2:00pm	<b>Aqua Fitness (Michelle)</b> 1:00-2:00pm	
2:00pm						
3:00pm						<b>LEGEND</b>
4:00pm		<b>HighFitness (Chelsea)</b> 4:00-5:00pm				Functional Training Studio
						Group Fitness Studio
						Pool
						Weight Rooms
5:00pm	<b>Step (Julie)</b> 5:00-5:45pm		<b>Total Body Reset (Marqie)</b> 5:00-6:00pm	<b>Step Sculpt (Abby)</b> 5:15-6:15pm		
	<b>Muscle Blast (Julie)</b> 5:45-6:45pm					
6:00pm	<b>Aqua Fitness (Abby)</b> 6:00-7:00pm	<b>Yoga (Michelle)</b> 6:00-7:00pm	<b>Aqua Fitness (Abby)</b> 6:00-7:00pm			
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED		

**COMING SOON**

**NEW**

**NEW**

