



Stillaguamish Athletic Club

4417 172nd St NE Arlington, WA 98223

360.435.9404 sacfitlife.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	Aqua Fitness (Jolane)		Aqua Fitness (Jolane)		Aqua Fitness (Jolane)	
8:00am	Fit For Life (Jolane)	Circuit Training (Sheryl)	Fit For Life (Jolane)	Circuit Training (Sheryl)	Fit For Life (Jolane)	Yoga (Georgina)
8:30am		Step (Amy)		Step (Amy)		
9:00am	Aqua Fitness (Aria)	Aqua Fitness (Sheryl)	Aqua Fitness (Aria)	Aqua Fitness (Aria)	Aqua Fitness (Leslie)	Circuit Training (Sheryl)
9:30am	Body Shred/TRX (Cheryl)	Muscle Blast (Cheryl)	Body Shred/TRX (Georgina)	Muscle Blast (Cheryl)	Boxing (Georgina)	
10:30am	Yoga (Georgina)		Yoga (Georgina)			
PM	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Edna)		Aqua Fitness (Cassandra)		Aqua Fitness (Leslie)	
4:00pm	Yoga (TBA)		Yoga (Aria)			
5:00pm	TRX (Christina)	Muscle Blast (Aria)	Core Combat (Aria)	Body Shred/TRX (Cheryl)		
5:30pm	Body Shred (Christina)	Core Combat (Aria)	Body Shred (Christina)	Yoga Fusion (Aria)		
6:00pm	Body Shred (Christina)		TRX (Christina)			
Location Legend		Functional Training Studio	Group Fitness Studio	Aquatics Center	Fitness Floor	

SAC GROUP FITNESS SCHEDULE

Always included with membership