



# Stillaguamish Athletic Club

4417 172nd St NE Arlington, WA 98223

360.435.9404 sacfitlife.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30am	Cardio Cond. (Sheryl) 30 min		Cardio Cond. (Sheryl) 30 min		Cardio Cond. (Sheryl) 60 min	
	Aqua Fitness (Jolane) 60 min		Aqua Fitness (Jolane) 60 min		Aqua Fitness (Jolane) 60 min	
8:00am	Pound (Sheryl) 30 min	Circuit Training (Sheryl) 60 min	Pound (Sheryl) 30 min	Breathe (Sheryl) 30 min		Yoga (Georgina) 60 min
8:30am	Fit For Life (Jolane) 60 min		Fit For Life (Jolane) 60 min	Muscle Cond. (Sheryl) 30 min	Fit For Life (Jolane) 60 min	
9:00am	Aqua Fitness (Aria) 60 min	Aqua Fitness (Sheryl) 60 min	Aqua Fitness (Aria) 60 min	Aqua Zumba (Lara) 60 min	Aqua Fitness (Leslie) 60 min	Circuit Training (Sheryl) 60 min
		Step Express (Michelle) 45 min		Step Express (Cheryl) 30 min	Boxing (Marissa) 60 min	
9:30am	Total Body/TRX (Cheryl) 60 min			Muscle Cond. (Cheryl) 60 min		
9:45am		Muscle Cond. (Cheryl) 45 min	TRX (Georgina) 30 min			
10:30am	Yoga (Georgina) 60 min		Yoga (Georgina) 60 min			
	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	
1:00pm	Aqua Fitness (Jolane) 60 min		Aqua Zumba (Lara) 60 min		Aqua Fitness (Leslie) 60 min	
4:00pm	Yoga (Aria) 60 min		Yoga (Aria) 60 min			
5:00pm	TRX (Christina) 30 min	HIIT (Georgina) 30 min	Butt n Gut (Aria) 30 min	TRX (Cheryl) 30 min		
5:30pm	Total Body (Christina) 60 min	Cardio Kickboxing (Georgina) 30 min	HIIT (Christina) 30 min	Yoga Fusion (Aria) 60 min		
6:00pm			TRX (Christina) 30 min			
6:30pm	Aqua Zumba (Lara) 60 min					
6:40pm	TRX (Christina) 30 min					
Location Legend		Functional Training Studio	Group Fitness Studio	Aquatics Center	Fitness Floor	

## WINTER GROUP FITNESS SCHEDULE