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2420 Andrews Road • Spartanburg, South Carolina 29302 • 864-582-5050 • www.sacfitness.com





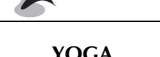


 MARCH 2010 

GROUP FITNESS SCHEDULE

GROUP FITNESS ROOM 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 a.m.							
8:30 a.m.		PILATES			PILATES	8:15 a.m. 	
9:30 a.m.						9:15 a.m. 	
10:30 a.m.	10:45 a.m. 				10:45 a.m. 	10:15 a.m. 	2:30 p.m. 
12:15 p.m.						11:15 a.m. 	3:30 p.m. 
4:30 p.m.							
5:30 p.m.							
6:30 p.m.							

GROUP FITNESS ROOM 2

8:15 a.m.							
9:30 a.m.					YOGA	YOGA	
10:45 a.m.							
4:30 p.m.							
5:30 p.m.							
6:30 p.m.	YOGA						

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WATER FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 a.m.	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS	WATER AEROBICS
9:30 a.m.	WATER WALKING	WATER WALKING	WATER WALKING	WATER WALKING	WATER WALKING
2:30 p.m.	TWINGES		TWINGES		TWINGES

**NO
SWIMMING
ALLOWED DURING
SCHEDULED CLASSES
IN THE
INDOOR POOL

THANK YOU!**

GROUP RIDE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 a.m.		5:45 a.m.			
	8:30 a.m.		8:30 a.m.		8:30 a.m.	
9:30 a.m.		9:30 a.m.		9:30 a.m.	9:30 a.m.	10:30 a.m.
				12:15 p.m.		
	4:30 p.m.					3:30 p.m.
	5:45 p.m.	5:45 p.m.	5:45 p.m.			
6:30 p.m.						

Ride Room Rules

- Please bring a slim water bottle and small towel.
- No gym bags are allowed in the room.
- You are required to clean your bike after riding.
- You will not be allowed to enter the class late.

*** SEE REVERSE SIDE FOR SPECIAL ANNOUNCEMENTS AND CLASS DESCRIPTIONS ***

