

SAC STILLAGUAMISH ATHLETIC CLUB

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		Bootcamp (Abby) 6:00-7:00am		Bootcamp (Abby) 6:00-7:00am		
7:00am						
8:00am	Fit4Life (Aria) 8:00-9:00am		Fit4Life (Aria) 8:00-9:00am	HIIT & Flow (Kathy) 8:30-9:30am	Fit4Life/ Zumba Toning (Teresa) 8:00-9:00am	
9:00am	Aqua Fitness (Aria) 9:00-10:00am	Aqua Fitness (Teresa) 9:00-10:00am		Aqua Fitness (Teresa) 9:00-10:00am	Aqua Fitness (Aria) 9:00-10:00am	SuperSaturday 9:00-10:00am <i>Muscle Blast w/Julie</i> 1/6 & 1/20 <i>HighLo Fitness w/Chelsea</i> 1/13 & 1/27
9:30am	Energizer Zone (Teresa) 9:30-10:30am Downstairs Weight Room	Muscle Blast (Aria) 9:30-10:30am	Butt-N-Gutt (Aria) 9:30-10:30am	Muscle Blast (Aria) 9:30-10:30am	TRX/HIIT (Abby) 9:00-9:45am	
11:30am	Yoga (Aria) 10:30-11:30am		Yoga (Aria) 10:30-11:30am		HighFitness (Chelsea) 9:30-10:30am	
					Yoga Fusion (Aria) 10:30-11:30am	Yoga Fusion 10:15-11:15am (Michelle 1/6 & 1/27) (Sandy 1/13 & 1/20)
PM	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Aria) 1:00-2:00pm	Chair Yoga (Aria) 1:00-2:00pm	Aqua Fitness (Aria) 1:00-2:00pm	Chair Fitness (Aria) 1:00-2:00pm	Aqua Fitness (Michelle) 1:00-2:00pm	
2:00pm						
3:00pm						
4:00pm		HighFitness (Chelsea) 4:00-5:00pm				
5:00pm	Step (Julie) 5:00-5:45pm		Total Body Reset (Marqie) 5:00-6:00pm	Step Sculpt (Abby) 5:15-6:15pm		
	Muscle Blast (Julie) 5:45-6:45pm					
6:00pm	Aqua Fitness (Abby) 6:00-7:00pm	Yoga (Michelle) 6:00-7:00pm	Aqua Fitness (Abby) 6:00-7:00pm			
9:00pm	CLOSED	CLOSED	CLOSED	CLOSED		

LEGEND

Functional Training Studio

Group Fitness Studio

Pool



@ClubStilly

SAC GROUP FITNESS SCHEDULE

Jan 4-March 2, 2024