



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 (Larisa)
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	HIIT/TRX (Cheryl)	Muscle Blast (Cheryl)	Circuit Training (Riva)	Muscle Blast (Cheryl)	HIIT/TRX (Riva)	
10:30am	Yoga (Kathleen)		Yoga (Aria)			
PM	PM	PM	PM	PM	PM	
1:00pm	Aqua Fitness (Edna)		Aqua Fitness (Edna)		Aqua Fitness (Leslie)	
4:00pm	Yoga (Aria)		Yoga (Aria)			
5:00pm	TRX (Sara)	Muscle Blast (Aria)	Core Combat (Aria)	TRX (Cheryl)		
5:30pm	HIIT (Sara)	Core Combat (Aria)	HIIT (Sara)	Yoga Fusion (Aria)		
6:00pm	HIIT (Sara)		TRX (Sara)			
Location Legend		Functional Training Studio	Group Fitness Studio	Aquatics Center	Fitness Floor	

SAC GROUP FITNESS SCHEDULE

Always included with membership