



August Fitness Schedule



Stay Fit with Salt Creek

Code	Class Name	Date	Time	Day	Fee	Location
107100-08	Zumba	8/23-10/18	5:30-6:30PM	Monday	\$48	MPR
107100-04	All Around Fitness	8/23-10/18	6:30-7:30 PM	Monday	\$48	MPR
107100-28	Boot Camp	8/23-10/18	7:30-8:30 PM	Monday	\$48	MPR
No class 9/6						
107100-24	Cardio & Sculpt	8/24-10/19	9:30-10:30 AM	Tuesday	\$54	MPR
107100-16	Zumba Toning	8/24-10/19	5:45-6:45 PM	Tuesday	\$54	MPR
107100-20	Muscle Max	8/24-10/19	7:00-8:00 PM	Tuesday	\$54	MPR
107100-12	Zumba	8/25-10/20	9:30-10:30 AM	Wednesday	\$54	MPR
107100-65	Glambody	8/25-10/20	6:30-7:30 PM	Wednesday	\$54	MPR
107100-52	Yoga	8/25-10/20	7:30-8:30PM	Wednesday	\$54	MPR
107100-32	Cardio & Sculpt	8/26-10/21	9:30-10:30 AM	Thursday	\$54	MPR
107100-44	Cardio Blast	8/26-10/21	6:00-7:00 PM	Thursday	\$54	MPR
107100-40	Stretch & Strength	8/26-10/21	7:00-8:00 PM	Thursday	\$54	MPR
107100-48	Body Blast	8/28-10/23	8:30-9:30 AM	Saturday	\$54	MPR

Please contact Kelly for more information at ksisco@saltcreekpd.com.
 Please register online at www.saltcreekpd.com. **REGISTRATION DEADLINE IS August 20.**
 (847) 259-6890 Rose Park Office



www.saltcreekpd.com

Fitness Punch Pass – Does your schedule fluctuate or are you finding it difficult to attend an entire session of fitness? Purchase an 8-punch or 16-punch Fitness Punch Pass and have the flexibility that you want. Passes cost \$56 for 8-punches or 16 punch passes for \$112.

KEY

Virtual = zoom link only
Hybrid = onsite option or zoom link
 MPR = onsite only (multi-purpose)