



FREE: June 3 - 7

Summer 2013 SAAC GetFIT CLASSES

MONDAYS

6:00pm – 6:50pm
Classical Hatha Yoga

7:00pm-7:50pm
Pilates

NEW! 8:00pm-8:50pm
Upper Body Blast & Core
Crusher

**Fitness
Classes Held
in SAAC
Room 211**

***Water
Pulse Meets
on the Pool
Deck & First
Class is June
6th**

**June 03 –
August 09**

**(No classes July
4th)**

WEDNESDAYS

6:00pm – 6:50pm
Classical Hatha Yoga

7:00pm-7:50pm
Pilates

8:00pm-8:50pm
Lean Legs & Core Crusher

TUESDAYS

NEW! 5:45pm – 6:45pm
*Water Pulse

NEW! 6:00pm – 6:50pm
Cardio Boot Camp

7:00pm-7:50pm
Strength & Tone

8:00pm-8:50pm
Samba

THURSDAYS

5:45pm – 6:45pm
*Water Pulse

6:00pm – 6:50pm
HIIT/Absolution
(High Intensity Interval Training)

7:00pm-7:50pm
Stretch & Tone

8:00pm-8:50pm
Samba

Pricing Info

Single Visit \$6.00

Get Fit Pass- Students/SIHP - \$10.00 - Unlimited

Get Fit Pass- SAAC Members \$20.00 – Unlimited

Purchase Passes at SAAC Front Desk. We accept
all forms of payment except American Express

For more information and class
descriptions, please call
404.712.2430 or visit
www.saac.emory.edu