

NOTICE OF GROUP EXERCISE SCHEDULE REVISIONS

(Effective September 22nd)

- **Tuesday 8:30 a.m. Zumba and Friday 9:30 Aqua Zumba are cancelled.**
- **Tuesday and Thursday 5:30 p.m. Grit are cancelled.**
- **Thursday 9:15 Step45 is now an hour with ABS included! Piloxing Barre is cancelled.**
- **Thursday 6:05 p.m. CXWORX is being relocated to the upstairs Fitness Studio and will begin at 6:15 p.m.**

We apologize for any inconvenience and appreciate your patience!



SACMC is owned in part by physicians.