



DEWFLC

4036 14th Ave

Sacramento California

916-737-7064

Gym Memberships starting at \$17.50 a month plus a one time \$10 processing fee.

Child care also available during class times at \$2 per child for Non-members.

DR. EPHRAIM WILLIAMS FAMILY LIFE CENTER

August 2011 FITNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OG 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm Zumba 7:15pm-8:15pm Zumbatomic	2 OG 1pm-6pm CB 6pm-7pm Circuit Weight Training 5:00pm-6:00pm	3 OG 1pm-6pm 55 plus 1:30pm-2:30pm Closed 6pm	4 OG 1pm-6pm Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CWT 5:00pm-6:00pm Zumba 7:15pm-8:15pm Zumbatomic	5 OG 1pm-6pm 55 plus 1:30pm-2:30pm Sac Sheriff & FLC Friday Night Madness 6pm-9pm	6 OG 8am-930am 1030am-3pm Zumba 9:30am-10:30am
7 Closed	8 OG 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm Zumba 7:15pm-8:15pm Zumbatomic GG&S 7:30pm-8:30pm	9 OG 1pm-6pm CB 6pm-7pm Circuit Weight Training 5:00pm-6:00pm	10 OG 1pm-6pm 55 plus 1:30pm-2:30pm Closed 6pm	11 OG 1pm-6pm Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CWT 5:00pm-6:00pm Zumba 7:15pm-8:15pm	12 OG 1pm-6pm 55 plus 1:30pm-2:30pm Sac Sheriff & FLC Friday Night Madness 6pm-9pm	13 OG 8am-930am 1030am-3pm Zumba 9:30am-10:30am
14 Closed	15 OG 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm Zumba 7:15pm-8:15pm Zumbatomic	16 OG 1pm-6pm CB 6pm-7pm Circuit Weight Training 5:00pm-6:00pm	17 OG 1pm-6pm 55 plus 1:30pm-2:30pm Zumba Toning 5:00pm-6:00pm	18 Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CWT 5:00-6:00pm Zumba 7:15pm-8:15pm Zumbatomic	19 OG 1pm-6pm 55 plus 1:30pm-2:30pm Sac Sheriff & FLC Friday Night Madness 6pm-9pm	20 OG 8am-930am 1030am-3pm Zumba 9:30am-10:30am
21 Closed	22 OG 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm Zumba 7:15pm-8:15pm Zumbatomic GG&S 7:30pm-8:30pm	23 OG 1pm-6pm CB 6pm-7pm Circuit Weight Training 5:00pm-6:00pm	24 OG 1pm-6pm 55 plus 1:30pm-2:30pm Zumba Toning 5:00pm-6:00pm Closed 6pm	25 Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CWT 5:00pm-6:00pm Zumba 7:15pm-8:15pm Zumbatomic	26 OG 1pm-6pm 55 plus 1:30pm-2:30pm Sac Sheriff & FLC Friday Night Madness 6pm-9pm	27 OG 8am-930am 1030am-3pm Zumba 9:30am-10:30am
28 Closed	29 OG 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm Zumba 7:15pm-8:15pm Zumbatomic	30 OG 1pm-6pm CB 6pm-7pm Circuit Weight Training 5:00pm-6:00pm	31 OG 1pm-6pm 55 plus 1:30pm-2:30pm Zumba Toning 5:00pm-6:00pm Closed 6pm	25 OG Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CWT 5:00pm-6:00pm Zumba 7:15pm-8:15pm Zumbatomic	26 OG 1pm-6pm 55 plus 1:30pm-2:30pm Sac Sheriff & FLC Friday Night Madness 6pm-9pm	27 OG 8am-930am 1030am-3pm Zumba 9:30am-10:30am

\$3 Per Class Fee

Zumba Toning-ZT
GG&S- Gluteus, Guts & Stretch
OG-Open Gym
CB-Cardio Blast
CWT- Circuit Weight Training
Zumba Gold-ZG
Zumba
Zumbatomic \$ 2 Kids 7-12 yrs of Age

FLC HOURS OF OPERATION

Mon, Tues, Thurs & Fri 1pm-9pm

Wed 1pm-6pm

Sat- 8am-3pm

Zumba Toning Trial Class

August 17,24,31 5:00pm-6:00pm

Deena Wilson Instructor

Circuit Weight Training

New Time 5:00pm-6:00pm

Tues & Thurs

Find Us on;

www.dewflc.org

www.stpaulsac.org

Facebook—FLC stpaul