



**DEWFLC**

4036 14th Ave  
Sacramento California  
916-737-7064

*Gym Memberships starting at  
\$17.50*

*a month including a one time  
\$10 processing fee.*

*Child care also available during  
class times at \$2 per child for*

**\$3 Per Class Fee**

GG&S- Glutes, Guts & Stretch  
OG-Open Gym  
CB-Cardio Blast  
CS- Cardio Step  
CW-- Curcut Weight Training  
Ripped  
Zumba Gold-ZG  
Zumba  
Zumba Toning-ZT  
Zumbatomic \$ 2 Kids 7-12 yrs of Age

**FLC HOURS OF OPERATION**

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

**Wed 1pm-6pm**

**Sat- 8am-3pm**

**Cardio Step & Ripped Trial Class**

**Sept 5,12,19,28 6:00pm –7:00pm**

**Sept 10,17, & 24 8:15am-9:15am**

**Find Us on:**

**[www.stpaulsac.org](http://www.stpaulsac.org)**

**Facebook- FLC**

**DR. EPHRAIM WILLIAMS FAMILY LIFE CENTER**

**SEPTEMBER 2011 FITNESS CALENDAR**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>OG</b> 1pm-6pm Zumba Gold 1:30pm-2:30pm CB 6pm-7pm RT&S 5:00pm-6:00pm <b>Zumba</b> <b>7:15pm-8:15pm</b> <b>Zumbatomic</b>	2 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm	3 <b>OG</b> 8am-930am 1030am-3pm  <b>Zumba</b> 9:30am-10:30am
4 <b>Closed</b>	5 <b>Labor Day</b> <b>FLC</b> <b>Closed</b>	6 <b>OG</b> 1pm-6pm  Circuit Weight Training 5:00pm -6:00pm CB 6pm-7pm	7 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm <b>Closed 6pm</b>	8 <b>OG</b> 1pm-6pm Zumba Gold 1:30pm-2:30pm CW 5:00pm-6:00pm CB 6pm-7pm <b>Zumba</b> <b>7:15pm-8:15pm</b> <b>Zumbatomic</b>	9 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm	10 8am-930am 1030am-3pm <b>Zumba</b> 9:30am-10:30am  <b>Ripped</b> 8:15am-9:15am
11 <b>Closed</b>	<b>55 plus</b> <b>1:30pm-2:30pm</b>  Zumba Tone 6:00pm-7:00pm <b>Cardio Step</b> 6pm-7pm <b>Zumba</b> 7:15pm-8:15pm	13 <b>OG</b> 1pm-6pm  Circuit Weight Training 5:00pm-6:00pm  CB 6pm-7pm	14 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm <b>Closed 6pm</b>	15 Zumba Gold 1:30pm-2:30pm CW 5:00-6:00pm CB 6pm-7pm <b>Zumba</b> <b>7:15pm-8:15pm</b> <b>Zumbatomic</b>	16 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm	17 <b>OG</b> 8am-930am 1030am-3pm <b>Zumba</b> 9:30am-10:30am  <b>Ripped</b> 8:15am-9:15am
18 <b>Closed</b>	19 <b>OG</b> 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm <b>Cardio Step</b> <b>Zumba</b> 7:15pm-8:15pm <b>GG&amp;S</b> <b>7:30pm-8:30pm</b>	20 <b>OG</b> 1pm-6pm  Circuit Weight Training 5:00pm-6:00pm CB 6pm-7pm	21 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm <b>Closed 6pm</b>	22 Zumba Gold 1:30pm-2:30pm CB 6pm-7pm CW 5:00pm-6:00pm <b>Zumba</b> <b>7:15pm-8:15pm</b> <b>Zumbatomic</b>	23 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm	24 <b>OG</b> 8am-930am 1030am-3pm  Zumba 9:30am-10:30am  <b>Ripped</b> 8:15am-9:15am
25 <b>Closed</b>	26 <b>OG</b> 1pm-4pm 55 plus 1:30pm-2:30pm Zumba Tone 6pm-7pm <b>Cardio Step</b> 6pm-7pm <b>Zumba</b> 7:15pm-8:15pm	27 <b>OG</b> 1pm-6pm  Circuit Weight Training 5:00pm-6:00pm  CB 6pm-7pm	28 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm <b>Closed 6pm</b>	29 <b>OG</b> Zumba Gold 1:30pm-2:30pm CW 5:00pm-6:00pm CB 6pm-7pm <b>Zumba</b> <b>7:15pm-8:15pm</b> <b>Zumbatomic</b>	30 <b>OG</b> 1pm-6pm  55 plus 1:30pm-2:30pm	