



Membership Plans



Save \$\$\$

Membership Processing Fee \$10

!!!FREE!!!

Until July 4th

Daily Walk-In Fees \$5

Dr. Ephraim Williams
Family Life Center
4036 14th Ave.
Sacramento, CA 95820

<u>INDIVIDUAL</u>			
<u>SPBC Members</u>		<u>Non-SPBC Members</u>	
Individual	\$15	Individual	\$17.50
55+	\$10	55+	\$12.50
<u>MARRIED COUPLES</u>			
Husband & Wife	\$20	Husband and Wife	\$22.50
55+	\$15	55+	\$17.50
<u>FAMILY PLANS</u>			
<u>Starting at:</u>			
Husband & Wife	\$20	Husband and Wife	\$22.50
Single parent family	\$15	Single parent family	\$17.50
\$5 fee per child			
<i>The Family plan can include children up to age 23 with valid college student Identification.</i>			



DEWFLC FITNESS CLASS JUNE SCHEDULE



MONDAYS :

1:30 PM	2:30 PM	<u>55+ AEROBICS CLASS</u>	EXERCISE ROOM
6:00 PM	7:00 PM	<u>*ZUMBA TONING*</u>	GYM
7:00 PM	8:00 PM	<u>BASIC WEIGHT ROOM MECHANICS</u>	WEIGHT ROOM
7:15 PM	8:15 PM	<u>*ZUMBA TONING*</u>	GYM
7:15 PM	8:15 PM	<u>*GLUTES, GUTS, & STRETCH*</u>	GYM

TUESDAYS :

6:00 PM	7:00 PM	<u>^CARDIO BLAST^</u>	GYM
7:00 PM	8:00 PM	<u>RESISTANCE TRAIN & SCULPT</u>	WEIGHT ROOM

WEDNESDAYS :

1:30 PM	2:30 PM	<u>55+ AEROBICS CLASS</u>	WEIGHT ROOM
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THURSDAYS :

1:30 PM	2:30 PM	<u>ZUMBA GOLD</u>	WEIGHT ROOM
6:00 PM	7:00 PM	<u>^CARDIO BLAST^</u>	GYM
7:00 PM	8:00 PM	<u>RESISTANCE TRAIN & SCULPT</u>	WEIGHT ROOM
7:00 PM	8:00 PM	<u>*ZUMBA*</u>	GYM

FRIDAYS :

1:30 PM	2:30 PM	<u>55+ AEROBICS CLASS</u>	EXERCISE ROOM
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SATURDAYS :

9:30 AM	10:30 AM	<u>ZUMBA</u>	GYM
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*ZUMBA TONE - CLASS EVERY OTHER WEEK.

*GLUTES, GUTS, & STRETCH - CLASS EVERY OTHER WEEK.

*****NO CLASS JUNE 19TH, 21ST, & 24TH*****

^NOTE^ : CARDIO BLAST CLASS LOCATION WILL BE IN EXERCISE ROOM JUNE 22ND AND 24TH.

*Alternating Monday Classes Dates			
Date	Class	Time:	Location
6/7/2010	Z Tone	7:15pm-8:15pm	Gym
6/14/2010	GGs	7:15pm-8:15pm	Gym
6/21/2010	Z Tone	7:15pm-8:15pm	Gym
6/28/2010	GGs	7:15pm-8:15pm	Gym