

Tread On!

New Treadmill Classes at SRFC!

Trekking!

Hills, Mountains, and Light Jogs OH MY!
Challenging walking class.

Wednesday 10am & 7pm

Cardio Inferrnnoo!

Sprinting, Hills, and Free Weights to get
your heart beating and melt those calories!

Tuesday 11am & 4pm

Starting
March 1st!

- Purchase **\$2.00** reservation ticket at the front desk prior to class.
- 4 treadmills reserved, more available upon accessibility.

These classes are not for you if you cannot train with increasing speeds or incline.