

WELCOME BACK!

Diana Booth is back in the a.m.! Every Wednesday and Friday morning for the 5:30 a.m. class, so get up early for a great class and a lot of fun! And remember Amy Moeller is still here bright and early on Mondays at 5:30 a.m..See you there!

Also recently returned is Rob"the ab man" Larson. It just didn't seem the same without you here, Rob! See you at the Nooners class.

And welcome back to so many that have rejoined our ranks as well. Unfortunately space is too limited to include them all.Welcome back to SFC, one and all!

We have a great variety of classes at SFC! Try these for a great workout and a whole lot of fun!

HI/LO FLOOR AEROBICS
F.A.T.S. (FLEXIBILITY & TRADITIONAL STEP)
POWER PUMP
STEPPIN'
TAEKWONDO
YOGA
PILATES
BOOT CAMP
CARDIO KICK
STEP AEROBICS
PLUS: 9:00 am FLOOR AEROBICS
KIDS FITNESS

WHAT'S NEW

Weight Room Equipment

Check it out! There are several new pieces of equipment in the weight room. Recently installed were a"HammerStrength" Leg Extension machine, a Standing Hamstring Curl, a Shoulder Press and Decline, Incline & Flat Benches. More ways to improve your physical fitness! And remember to ask for instruction before using any new piece of equipment.
Also wanted to include a huge "Thanks for the muscle, guys" in getting all the new equipment into the building to Cal Davis, Bart Marzolf, Patrick Elsbree and Rob "the ab man" Larson.We couldn't have done it without you!

Wyley Salon

Welcome to Kory Hanke who is preparing to open the Wyley (named after her children) Hair Salon at SFC! Many preperations are underway in renovating the salon area, so it won't be long now. We're looking forward to the grand opening!

Kid's Fit

This is a new class geared for fun and fitness for 8 to 12 year olds. Instructor Tracey makes it challenging and fun. Happens every Saturday from 10:15-11:00 am.

Boot Camp

Boot Camp with Billy. Need to get any frustrations out and get a good workout at the same time? Then this is the class for you. Billy has an in your face military style but has a gentle side as well. Check it out!

2002 ISSUE

SNOHOMISH FITNESS NEWS

119 Ave B Snohomish WA 98290 360-568-0588

CLUB INFO

CLUB HOURS
Mon. - Fri. OPEN at 4:30 AM
Mon. -Thurs. CLOSES at 9 PM
Fri. CLOSES at 7PM
Sat. 9 AM -3 PM

BABYSITTING HOURS
M/W/F 9 AM- 1:30 PM
M & W 7-8 PM
Tues. & TH 9-10:30 AM & 5:30 - 6:30 PM
SAT 9-11 AM
$3 hourly per child
$2 hourly each additional child
Monthly rates are $35 monthly 1 child
2 children $45- & 3 children $55 monthly



PAYMENTS We can hold memberships for $10.00 for up to six months for medical reasons or vacation plans not less than 1 month and not more than 6 months. Must pay up front and it is not retroactive. Please don't ask- NO EXCEPTIONS. . Any payments more than 10 days past due will be charged a late fee. Your promptness is greatly appreciated.

AUTOMATIC PAYMENTS
We can now automatically deduct your monthly payments from your credit card account . This is a great way to avoid late charges or trying to remember your due date.

SFC TIDBITS

Kla ha Ya River Run is happening on Saturday July 20th, 2002. Sign up on www.active.com or check out the Kla Ha Ya Festival web site at www.klahayadays.com and while you're at it check out our new web page. It's www.snohomishfitness.com
The run will be 5 miles, the walk is 1 mile and we will also be featuring the 2nd annual Kids' Dash! This is fun for the whole family. Remember the rule here at SFC... Run,Walk or Work it! Sponsorships are also available at many financial levels and are a great way to advertise!

Jane Greisen is leaving us after 3 1/2 years with SFC.She'll be taking a leave of absence. Thanks Jane for always keeping us informed and enlightened with the tidbits on the bulletin boards. Plus the fact you were always ready to help out whenever we needed a sub instructor and getting up to teach those early mornig classes. WE will miss you

We have new personal trainer! His name is Brandon Kloes. Get a free consultation and then meet with him to help you reach those goals and new fitness levels!

Overlake center all gussied up for its new role in area transit

By Diane Brooks
Seattle Times staff reporter

True, the buses started rolling through Overlake Transit Center several months ago.

But the passenger shelters hadn't been erected, the 209-space parking lot was unpaved, the oak saplings hadn't arrived, and the compass-themed public artworks hadn't been installed.
Now, the $11 million Sound Transit project on the edge of the Microsoft
campus is ready for showing off.
Federal, state, county and local officials yesterday dedicated the Redmond center, which serves the Eastside's largest employment center. Microsoft, which donated the 10-acre site, borders the center on two sides, and Safeco,Group Health, Eddie Bauer and Nintendo are nearby. "This is just superb," said Redmond Mayor Rosemarie Ives. "The things we see every day and live with are very, very important."
Next week, a crane is expected to lift into place the site's artistic centerpiece: a 7-foot, three-dimensional compass topping an orange steel cluster of 30-foot light poles. Snohomish artist Karen Guzak (one of SFC's Yoga instructors) designed the artwork, which includes a curvilinear compass design poured into the plaza's pavement.

Groundbreaking is set for this summer for Sound Transit's rider-services
building, with bike storage, concessions, a Redmond police substation and office space for the Greater Redmond Transportation Management Association.

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