

# SOUND FITNESS GROUP EX SCHEDULE - JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>5:45-6:30 Cycling Brooke</b>		<b>5:45-6:30 Cycling Brooke</b>		<b>1st Saturday</b> <b>Body Pump- Brooke</b>
<b>8:30-9:00 Core and More Brooke</b>	<b>8:30-9:45 Yoga for Wellness Sam</b>	<b>8:30-9:30 Piyo Live Melanie</b>	<b>8:45-9:45 Yogalates Alexandra</b>	<b>8:30-9:00 Core and More Brooke</b>	<b>2nd Saturday</b> <b>Zumba Toning- Melanie</b>
<b>9:00-10:00 BodyWorks Brooke</b>	<b>9:00-10:00 Zumba Toning Melanie</b>	<b>8:45-9:45** BodyPump Brooke</b>	<b>9:00-10:00 Zumba Melanie</b>	<b>9:00-10:00 BodyWorks Brooke</b>	<b>3rd Saturday</b> <b>Yoga- Alexandra</b>
<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00-11:00 Slow Flow Alexandra</b>	<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00-10:45 Barre Benko / Lauren</b>	<b>10:00-11:00 Slow Flow Alexandra</b>	<b>4th Saturday</b> <b>Piyo- Melanie</b>
<i>4:00 \$ PeeWee HapKi Do John</i>		<i>10:00- 10:45 Beginner Cycle Lauren</i>	<b>10:00-10:45 Cycling David</b>	<b>10:10-11:10** BodyPump Brooke</b>	<i>Every Saturday</i>
<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>	<i>4:00 \$ PeeWee HapKi Do John</i>	<i>4:15 \$ Pee Wee HapKiDo John</i>		<i>11:00 \$ HapKiDo John</i>
		<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>		
<b>5:45- 6:45 Boxing for Fitness John</b>	<b>5:45-6:45 emPower Vinyasa Flow Benko</b>	<b>5:40-5:55 Core and More Express Brooke</b>			
<b>5:50-7:00** BodyPump Nicole</b>	<b>6:10-7:00 BOSU Brooke</b>	<b>6:00-6:30 Express Cycle Brooke</b>	<b>6:10-7:10** BodyPump Benko</b>		
		<b>6:00 Zumba Toning Melanie</b>			

**Club Hours:**

**Monday-Friday 5:30am - 9:00 pm**

**Saturday 8:00 am - 3:00 pm**

**Sunday 1:00 - 5:00 pm**

*Schedule effective 6/1/17. Classes are subject to change. See our Facebook page for the latest updates. **Classes in bold are included in the regular membership dues.** Classes that are italicized and have \$ sign require pre-registration and are an additional fee. Class participants must wear rubber soled athletic shoes in classes except yoga, Piyo and Pilates.*

**\*\*Please allow 10 minutes to set up for BodyPump before class starts.**