

# Group Fitness Calendar May 2015

639-2582

[www.soundfit.net](http://www.soundfit.net)

Club Hours: Monday - Friday: 5:30am to 9pm

Saturday: 8am to 3pm

CLOSED Sunday

| Instructors          |                      |
|----------------------|----------------------|
| JA - John Albanese   | LH - Lisa Hykes      |
| MC - Mallory Carson  | MH - Melanie Haggett |
| SL - Sam Love        | MK - Mary            |
| KM - Karen Mincavage | Koffenberger         |
| BW - Brooke White    | KM1-Karen Mammone    |
|                      | AO - April O'Donnell |
|                      | CW - Charles Wright  |

**For Class Updates & Info:**



## MONDAY - No classes on 5/25

- 6:30 Bootcamp - LH (60) \$
- 8:30 Abs & Back - LH (30)
- 8:30 Bootcamp - BW (60) \$
- 9:00 Cardio Blast - LH (60)
- 10:00 Yoga for Wellness - SL (75)
- 4:30 Hap Ki Do for kids - JA (60) \$ No class 5/18
- 5:30 Gentle Yoga - MK (60)
- 6:00 TNT Express - BW (30)
- 6:30 HIIT - BW (30)
- 7:00 Boxing for Fitness - JA (60) No class 5/18

## TUESDAY

- 8:30 Yoga for Wellness - SL (75)
- 9:00 Zumba Toning - KM (60)
- 10:00 Tai Chi - CW (45)
- 5:00 Adult Hap Ki Do - JA (60) \$
- 6:00 Insanity - MC (50)

## WEDNESDAY

- 6:30 Bootcamp - LH (60) \$
- 8:30 Bootcamp - BW (60) \$
- 9:00 PiYo - LH (60)
- 10:00 Cardio Blast - LH (60)
- 10:00 Yoga for Wellness - SL (75)
- 4:30 Hap Ki Do for kids - JA (60) \$ No class 5/13
- 5:30 Gentle Yoga - MK (60)
- 6:00 ABS - BW (15)
- 6:15 Bosu Blast - BW (45)

**Coming soon - Cycling classes!**  
**Check our website or Facebook for updates!**

## THURSDAY

- 8:30 Yogalates - LH (60)
- 9:00 Zumba - MH (60)
- 10:00 Senior Exercise - CW (30)
- 10:00 Beginner Pilates Reformer - LH (55) \$ Starts 5/14  
signup at desk
- 11:00 Intermed. Pilates Reformer - LH (60) \$ Starts 5/7  
signup at desk
- 4:45 Adult/Advanced Youth Hap Ki Do - JA (60) \$
- 5:45 Piyo - MH (60)
- 6:00 Insanity - MC (50)
- 7:00 Boxing for Fitness - JA(60) No class 5/14 or 5/28

## FRIDAY

- 6:30 Bootcamp - LH (60) \$
- 8:30 Bootcamp - BW (60) \$
- 8:30 Pilates Express - LH (30)
- 9:00 Cardio Blast - LH (60)
- 10:00 Gentle Yoga -MK (60)

## SATURDAY

- 9:00 9<sup>th</sup> Zumba - KM1 (60)
- 9:00 16<sup>th</sup> PiYo - AO (60)
- 9:00 23<sup>rd</sup> Zumba Toning - KM (60)
- 9:00 30<sup>th</sup> Insanity - MC (50)

**11:00 am Saturdays -**  
**Adult Hap Ki Do - JA (60) \$**

**Schedule Effective May 1, 2015.** Classes are subject to change. See our Facebook page for the latest updates. **Classes in BOLD are included in regular membership dues.** *Classes that are italicized and have a \$ sign require pre-registration and are an additional fee.*

**Class descriptions are on back. NOTE:** Class participants must wear rubber-soled athletic shoes (sneakers) in classes (except yoga classes, PiYo, pilates and pilates reformer).