

# SOUND FITNESS GROUP EX SCHEDULE - DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6:00-6:45 \$ Small Group Training Stephen</i>	<b>5:45-6:30 Cycling Brooke</b>	<i>6:00-6:45 \$ Small Group Training Stephen</i>		<i>6:00-6:45 \$ Small Group Training Stephen</i>	<b>1st Saturday 12/2</b>
<i>8:30-9:30 \$Small Group Training Nicole*</i>				<i>8:30-9:30 Small Group Training Nicole*</i>	<b>9:00 Body Vive with 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 Gentle Flow Yoga Mary</b>	<b>8:30-9:00 Core and More Brooke</b>	<b>2nd Saturday 12/9</b>
<b>9:00-10:00 Bodyvive 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 Bodyvive Holly</b>	<b>9:00 Body Pump with Amie</b>
<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00-11:00 Holy Yoga Alexandra</b>	<b>10:00-11:15 Yoga for Wellness Sam</b>	<b>10:00-10:45 Barre Danielle</b>	<b>10:00-11:00 Yoga Flow Alexandra</b>	<b>3rd Saturday 12/16</b>
		<b>10:00-10:45 Cycling Lauren</b>	<b>10:00-11:00 Cycling David</b>	<b>10:00-11:00** BodyPump Brooke</b>	<b>9:00 Yoga with Mary</b>
		<b>2:30-4:00 Tai Chi Jan Kendrick</b>			<b>4th Saturday 12/23</b>
<i>4:00 \$ PeeWee HapKi Do John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>	<i>4:00 \$ PeeWee HapKi Do John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>		<b>9:00 Barre/Spin Fusion Lauren</b>
<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:30-6:30 \$ Small Group Training Ryan</i>	<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:30-6:30 \$ Small Group Training Ryan</i>		<b>5th Saturday</b>
<b>5:50-7:00** BodyPump Nicole</b>	<b>5:45-6:45 emPower Vinyasa Flow Benko</b>	<b>5:40-6:00 Core and More Express Brooke</b>			<b>9:00 New Year's Celebration Spin with David</b>
<b>Boxing will return in January</b>	<b>6:05-7:00 Bodyvive Keatha</b>	<b>6:00-6:30 Express Cycle Brooke</b>	<b>6:00-7:00 Restorative Yoga Alexandra</b>	<b>12/15 Special Gym Hours</b>	<i>Every Saturday 11:00 \$ HapKiDo with John</i>
<b>*CLOSED 12/24</b>	<b>*CLOSED 12/25</b>	<b>6:00-7:00 Zumba Toning Melanie</b>	<b>6:10-7:10** BodyPump Benko</b>	<b>5:30 am - 6:00 pm</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 12/1/17. 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 and Piyo.*

**\*Last day of small group training with Nicole 12/22\*\*Please allow 10 minutes to set up for BodyPump before class starts.**