

Group Fitness Calendar October 2015

639-2582

www.soundfit.net

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

Saturday: 7:00am to 3:00pm

CLOSED Sunday

Instructors	
JA – John Albanese	DA – Dennis Ardley
RB – Randi Burke	ND – Nicole Decker
MH – Melanie Haggett	LH – Lisa Hykes
MK – Mary Koffenberger	SL – Sam Love
KW – Kathryn Weinrich	BW – Brooke White

For Class Updates & Info:



MONDAY

- 6:30 Bootcamp - LH (60) \$ Starts 10/5
- 8:30 Abs & Back - LH (30)
- 8:30 Bootcamp - BW (60) \$ Starts 10/5
- 9:00 Cardio Blast - LH (60)
- 10:00 Yoga for Wellness - SL (75)
- 4:30 Hap Ki Do for kids - JA (60) \$
- 5:30 Gentle Yoga - MK (60)
- 5:45 Fit Club - ND (45) \$
- 6:00 Sculpt Express - BW (30)
- 6:30 HIIT - BW (30)
- 7:00 Boxing for Fitness - JA (60)

TUESDAY

- 5:45 Indoor Cycling - BW (45)
- 8:30 Fit Club - ND (45) \$
- 8:30 Yoga for Wellness - SL (75)
- 9:00 Zumba Toning - MH (60)
- 10:00 Barre - ND (55)
- 10:00 Beg. Pilates Reformer - LH (55) \$ Starts 10/13
- 11:00 Intermed. Pilates Reformer - LH (55) \$ Starts 10/13
- 5:00 Adult Hap Ki Do - JA (60) \$
- 5:30 Beg. Pilates Reformer - LH (55) \$ Starts 10/13
- 6:00 Turbokick Live - RB (60)
- 7:00 Power Yoga - KW (60)

WEDNESDAY

- 6:30 Bootcamp - LH (60) \$
- 8:30 Indoor Cycling - BW (45)
- 9:00 PiYo Live - LH (55)
- 10:00 Cardio Blast - LH (60)
- 10:00 Yoga for Wellness - SL (75)
- 4:30 Hap Ki Do for kids - JA (60) \$
- 5:30 Gentle Yoga - MK (60)
- 5:45 Fit Club - ND (45) \$
- 6:00 Indoor Cycling - KW (45)

THURSDAY

- 5:45 Indoor Cycling - BW (45)
- 8:45 Yogalates - LH (60) **NEW TIME!**
- 8:30 Fit Club - ND (45) \$
- 9:00 Zumba - MH (60)
- 10:00 Barre - LH (55)
- 11:00 Intermed. Pilates Reformer - LH (55) \$ Starts 10/15
- 4:45 Adult/Advanced Youth Hap Ki Do - JA (60) \$
- 5:45 Piyo Live- MH (55)
- 6:00 Barre - ND (55)

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

- 10/3 9:00 am Barre - ND (55)
- 10/10 8:00 am Indoor Cycling - DA (45)
- 10/17 8:00 am Indoor Cycling - BW (45)
- 10/24 9:00 am Piyo Live - LH (60)
- 10/31 8:00 am Indoor Cycling - DA (45)
- 11:00 am Adult Hap Ki Do - JA (60) \$

Schedule Effective October 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. Numbers in () are minutes.*
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).