

SOUND FITNESS GROUP EX SCHEDULE - OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>6:00-6:45 \$ Small Group Training Stephen</i> 8:30-9:00 Core and More Brooke 9:00-10:00 Bodyvive Brooke 10:00-11:15 Yoga for Wellness Sam <i>4:00 \$ PeeWee HapKi Do John</i> <i>4:30-5:30 \$ Youth HapKiDo John</i> 5:45-6:45 Boxing for Fitness* John 5:50-7:00** BodyPump Nicole	5:45-6:30 Cycling Brooke 8:30-9:45 Yoga for Wellness Sam 9:00-10:00 Zumba Toning Melanie 10:00-11:00 Holy Yoga Alexandra <i>5:00-6:00 \$ Adult HapKiDo John</i> <i>5:30-6:30 \$ Small Group Training Ryan</i> 5:45-6:45 emPower Vinyasa Flow Benko 6:05-7:00 Bodyvive Brooke	<i>6:00-6:45 \$ Small Group Training Stephen</i> 8:30-9:30 Piyo Live Melanie 8:45-9:45** BodyPump Brooke 10:00-11:15 Yoga for Wellness Sam 10:00-10:45 Cycling Lauren 2:30-4:00 Tai Chi Jan Kendrick <i>4:00 \$ PeeWee HapKi Do John</i> <i>4:30-5:30 \$ Youth HapKiDo John</i> 5:40-6:00 Core and More Express Brooke 6:00-6:30 Express Cycle Brooke 6:00-7:00 Zumba Toning Melanie	5:45-6:30 Cycling Brooke 8:45-9:45 Grounding Flow Yoga Mary 9:00-10:00 Zumba Melanie 10:00-10:45 Barre Danielle 10:00-11:00 Cycling David <i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i> <i>5:30-6:30 \$ Small Group Training Ryan</i> 6:00-7:00 Restorative Yoga Alexandra 6:10-7:10** BodyPump Benko	<i>6:00-6:45 \$ Small Group Training Stephen</i> 8:30-9:00 Core and More Brooke 9:00-10:00 Bodyvive Brooke 10:00-11:00 Yoga Flow Alexandra 10:10-11:10** BodyPump Brooke	1st Saturday 9:00 BarreCycle Fusion - Lauren 2nd Saturday 9:00 BarreYoga Fusion - Danielle 3rd Saturday 9:00 BodyPump/Vive Fusion Brooke/Amie 4th Saturday 9:00 Zumba Toning - Melanie <i>Every Saturday</i> <i>11:00 \$ HapKiDo John</i>
Club Hours: Monday-Friday 5:30am - 9:00 pm Saturday 8:00 am - 3:00 pm Sunday 1:00 - 5:00 pm		<i>Schedule effective 10/1/17. 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.</i>			

* 10 week program - Classes start September 11 through November 13
 **Please allow 10 minutes to set up for BodyPump before class starts.