

Group Fitness Calendar August 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
BH – Brenda Hardison	ND – Nicole Decker
MK – Mary Koffenberger	MH – Melanie Haggett
JS – Jae Smith	LH – Lisa Hykes
SL – Sam Love	BW – Brooke White

For Class Updates & Info:



MONDAY

6:30 *Bootcamp - LH (60) \$*
 8:30 **Abs & Back - LH (30)**
 8:30 *Bootcamp - BW (60) \$ last class 8/7*
 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) \$ Starts 8/10**
 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) \$ Starts 8/11**
 8:30 **Yoga for Wellness - SL (75)**
 9:00 **Zumba Toning - MH (60)**
 10:00 **Barre - ND starting 8/18**
 5:00 *Adult Hap Ki Do - JA (60) \$*
 6:00 **Abs & Back - BH (30)**
 6:45 **Indoor Cycling - BH (45)**

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) \$*
 5:30 **Gentle Yoga - MK (60)**
 5:45 **Fit Club - ND (45) \$ Starts 8/12**
 6:00 **Indoor Cycling - BW (60)**

THURSDAY

5:45 **Indoor Cycling - BW (45)**
 8:30 **Yogalates - LH (60)**
 8:30 **Fit Club - ND (45) \$ Starts 8/13**
 9:00 **Zumba - MH (60)**
 9:30 **Barre - LH starting 8/20**
 11:00 *Intermed. Pilates Reformer - LH (60)*
 4:45 *Adult/Advanced Youth Hap Ki Do - JA (60) \$*
 5:45 **Piyo - MH (60)**
 6:00 **Barre - ND starting 8/20**

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

8/8 7:30 am **Indoor Cycling - DA (45)**
 8/15 9:00 am **Barre - LH/ND**
 8/22 7:30 am **Indoor Cycling - BW (45)**
 8/29 9:00 am **POUND - JS (45)**
 11:00 am *Adult Hap Ki Do - JA (60) \$*

Schedule Effective August 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).