

SOUND FITNESS GROUP EX SCHEDULE - JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 Cycling Brooke		5:45-6:30 Cycling Brooke		1st Saturday
<i>6:30 -7:30 \$ Bootcamp Lisa</i>		<i>6:30 -7:30 \$ Bootcamp Lisa</i>		<i>6:30 -7:30 \$ Bootcamp Lisa</i>	9:00 AM Piyo Live Lisa
<i>8:30-9:30 \$ Bootcamp Brooke</i>	<i>8:30-9:15 \$ Fit Club Nicole</i>		<i>8:30-9:15 \$ Fit Club Nicole</i>	<i>8:30-9:30 \$ Bootcamp Brooke</i>	2nd Saturday
8:30-9:00 Pilates Express Lisa	8:30-9:45 Yoga for Wellness Sam	8:35-9:45** BodyPump Brooke	8:45-9:45 Tabata Yogalates Lisa	8:30-9:00 Pilates Express Lisa	9:00 Body Pump Brooke/Michelle
9:00-10:00 Cardio Blast Lisa	9:00-10:00 Zumba Toning Melanie	9:00-10:00 Piyo Live Lisa	9:00-10:00 Zumba Melanie	9:00-10:00 Cardio Blast Lisa	3rd Saturday
10:00-11:15 Yoga for Wellness Sam	10:00 Vinyasa Yoga Nicole	10:00-11:15 Yoga for Wellness Sam	10:00-10:45 Barre Lisa	10:00-11:00 Slow Flo Yoga Nicole	9:00 Zumba Toning Melanie
10:00-10:45 Cycling Brooke	<i>10:00\$ Beg.Pilates Reformer starts 1/10</i>	10:00- 10:45 Beginner Cycle Lisa	10:00-10:45 Cycling Brooke	10:10-11:10** BodyPump Brooke	4th Saturday
	<i>11:00 \$ Int.Pilates Reformer starts 1/10</i>				9:00 Vinyasa Flow Nicole
<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>4:15 \$ Pee Wee HapKiDo John</i>		Every Saturday
<i>4:30-5:30 \$ Youth HapKiDo John</i>	6:05 Barre (Jan 10th and 24th) Michelle	<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>		11:00 HapKiDo John
5:45- 6:45 Boxing for Fitness John	6:05 BOSU (Jan 3rd, 17th 31st) Brooke	6:00-7:00 CycleFlow 30 min/Yoga 30min Brooke/Nicole			
5:50-7:00** BodyPump Nicole	6:30-7:30 emPower Vinyasa Flow Nicole		6:10-7:10** BodyPump Michelle		

Club Hours:
Monday-Friday 5:30am - 9:00 pm
Saturday 8:00 am - 3:00 pm
Sunday 1:00 - 5:00 pm

Schedule effective 1/1/17. 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 a \$ sign require pre-registration and are an additional fee. Class participants must wear rubber soled athletic shoes in classes except yoga, Piyo, pilates & pilates reformer.

****Please allow 10 minutes to set up for BodyPump before class starts.**