

SOUND FITNESS GROUP EX SCHEDULE - OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 Cycling Brooke		5:45-6:30 Cycling Brooke		1st Saturday 9:00 - 11:00 Open House
<i>6:30 -7:30 \$ Bootcamp Lisa</i>		<i>6:30 -7:30 \$ Bootcamp Lisa</i>		<i>6:30 -7:30 \$ Bootcamp Lisa</i>	
<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 9:00 am Tabata Yoga Lisa
8:30-9:00 Pilates Express Lisa	8:30-9:45 Yoga for Wellness Sam	8:45-9:45 BodyPump Brooke	8:45-9:45 Tabata Yogalates Lisa	8:30-9:00 Pilates Express Lisa	
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 Join us at the Bridge Run!
10:00-11:15 Yoga for Wellness Sam	10:00 Vinyasa Yoga Nicole	10:00-11:15 Yoga for Wellness Sam	10:00-10:50 Barre Lisa	10:00-11:00 Slow Flo Yoga Nicole	
10:00-10:45 Beg. Cycle Brooke	<i>10:00\$ Beg.Pilates Reformer Starts 10/4</i>	10:00-10:45 Beginner Cycle Lisa	10:00-10:45 Cycling Brooke	10:10-11:10** BodyPump Brooke	4th Saturday 9:00 am Zumba Toning Melanie
	<i>11:00 \$ Intermed. Pilates Reformer Lisa</i>				
<i>4:00 \$ PeeWee HapKi Do John</i>		<i>4:00 \$ PeeWee HapKi Do John</i>			5th Saturday 9:00 Vinyasa Yoga Nicole
<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>5:00-6:00 \$ Adult HapKiDo John</i>	<i>4:30-5:30 \$ Youth HapKiDo John</i>	<i>4:45-6:00 \$ HapKiDo Adult/Adv Youth John</i>		
5:50-7:00** BodyPump Nicole	<i>5:30-6:15 \$ Fit Club Nicole</i>	5:30-6:15 Align & Flow Yoga Nicole	<i>5:30-6:15 \$ Fit Club Nicole</i>		Every Saturday 11:00 - Noon HapkiDo John
6:00-7:00 Boxing for Fitness John	6:05-7:05 Zumba Toning Melanie	6:00-6:45 Cycling Brooke	6:10-7:10** BodyPump Michelle		
	6:30-7:30 emPower Vinyasa Flow Nicole				

Club Hours:

Monday-Friday 5:30am - 9:00 pm

Saturday 8:00 am - 3:00 pm

Sunday 1:00 - 5:00 pm

Schedule effective 10/1/16. 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 and pilates reformer.

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